



DAVID KNIGHT HYPNOSIS

*David Knight*

## DAVID KNIGHT HYPNOSIS

Imagine if there was a power 275,000 times bigger than conscious thought alone? Imagine if you could tap into that power in order to achieve health beyond imagination.

Imagine if that power was already inside you?

If it was already inside you, wouldn't you want access to it?

It's ready now, waiting for you to use it today.

Now all you need to do is unlock it!

**You're about to discover the Fastest, Easiest Way to Transform Your Health and Wellbeing and it will change your life forever.**



*David Knight*  
HYPNOSIS

# DAVID KNIGHT HYPNOSIS

## E-book Contents

Chapter One – Two Minds That Control Your Life – Page 4

Chapter Two – Why Hypnosis Works – Page 5

Chapter Three – Rewiring Your Brain – Page 6

Chapter Four - You Are The Programmer - Page 9

Chapter Five – Conscious Vs Subconscious – Page 11

Chapter Six – Just Press Play – Page 13

The Miracle Wave - Page 14

*“The greatest discovery of our generation is that a human can alter their life by altering their attitudes of mind.”*

**Discover the Fastest, Easiest Way to Transform Your Health and Wellbeing**

**By David Knight |**



## Welcome to David Knight Hypnosis

You're about to discover the most powerful tool you already have, but probably aren't using to its full potential.

That tool is your **mind**.

This short and exciting guide will show you how your conscious and subconscious minds work, how to break old habits, and how to create lasting change quickly and easily using **hypnosis**.

You'll also learn how affirmations work but why hypnosis is the ultimate shortcut to feeling amazing, inside and out.

And most importantly, you'll discover how to start today, with access to **40 powerful hypnosis audios** designed to reprogram your mind for perfect health and total wellbeing.

Simply **Download and Press Play**.



## **Chapter 1:**

### **The Two Minds That Control Your Life**

Your brain has two major “control systems”:

#### **1. The Conscious Mind**

This is your thinking, logical mind. It’s what you’re using right now to read and understand this book. It’s responsible for decision-making, willpower, and short-term memory.

#### **2. The Subconscious Mind**

This is where the real magic happens. The subconscious controls your beliefs, habits, emotions, automatic behaviours, and even your body’s healing systems. It’s incredibly powerful, but it doesn’t respond to logic. It runs on **programming**.

If you’ve ever tried to change a habit, like losing weight, quitting sugar, or exercising more, you’ve probably used your conscious mind. Maybe you said things like:

“I’ll start Monday.”

“I need to eat better.”

“This time, I’ll stick with it.”

But sooner or later, your subconscious programming kicked in. The old patterns returned. Why? Because...

**Your subconscious always wins.**

Until you change your subconscious programming, real change can’t happen.

And that’s where **hypnosis** comes in.

## **Chapter 2:**

### **Why Hypnosis Works (When Nothing Else Does)**

Imagine this: your brain is like a computer. The conscious mind is the desktop. The subconscious mind is the Operating System. You can open files, write notes, and move things around, but if the Operating System is glitchy, nothing works smoothly.

Hypnosis is like installing a clean, upgraded system that runs faster, smoother, and supports the life you want.

### **So What Is Hypnosis?**

Hypnosis is a natural state of focused relaxation.

It's not mind control.

It's not sleep and It's not magic.

It's science.

In hypnosis, your brain enters the **alpha** or **theta** wave state, a state between wakefulness and sleep, where your conscious mind quiets down and your subconscious becomes highly suggestible.

This is the perfect time to:

- Install positive beliefs
- Break destructive habits
- Reduce stress and anxiety
- Boost your immune system
- Rewire a healthy mind and body

You don't have to *try*.

You don't have to struggle.

Just press play and let the audio guide your subconscious mind into powerful fast transformation.



### **Chapter 3:** **Rewiring Your Brain – One Thought at a Time**

Did you know that **every thought you think** changes your brain?

It's true. Your brain is made up of billions of cells called **neurons**, and every time you think a thought, feel an emotion, or repeat a behaviour, those neurons fire together and form a connection.

This connection is called a **neural network**—and the more often it's activated, the stronger it becomes.

“Neurons that fire together, wire together.”  
– Hebb's Law, neuroscience principle

So, when you repeatedly think:

- “I'm always tired,”
- “I can't lose weight,”
- “I'm not good enough,”

...you're literally building strong neural pathways in your brain that reinforce those beliefs.

Over time, those patterns become **automatic**. They run in the background controlling your habits, reactions, cravings, moods, even how your body heals or holds onto weight.

## **Your Brain is Like a Garden**

Think of your mind like a garden.  
Every thought is a seed.  
What you plant and water... grows.

Negative thoughts? They grow weeds.  
Positive, empowering thoughts? They grow beautiful, strong, healthy plants.

The problem is, most of us didn't **choose** what got planted.  
We inherited beliefs. Picked up fears. Built bad habits.  
And now those neural networks are running our lives.

### **Breaking the Old – Planting the New**

Here's the great news:  
Your brain is **changeable**. It's called **neuroplasticity**—and it means you can rewire your brain at any age.

But to do that, you need to stop firing the old patterns... and start wiring in the new ones.

That's exactly what **hypnosis** does.

## How Hypnosis Rewires Your Brain

When you enter a hypnotic state, your brain shifts into **alpha** and **theta** wave activity, the same states where deep learning and memory happen.

In this relaxed, focused state:

- Your old neural networks **quiet down**
- Your brain becomes **highly suggestible**
- Your subconscious mind is open to **new ideas, new**

**beliefs, and new habits**

During hypnosis, your brain begins to **disconnect the old unwanted pathways**, those that kept you stuck in stress, self-sabotage, fear, or unhealthy patterns.

At the same time, it begins to **build new neural connections** based on the positive, empowering suggestions you hear in the audio.

With repetition, these new pathways grow stronger, until they become your new automatic way of thinking, feeling, and living.

## Real Change, Fast and Easy

This is why hypnosis can feel like magic.  
It's not that you're "trying harder" or "forcing change."  
It's that your brain is literally **rewiring itself**, effortlessly.

One session plants the seeds.  
Repeated listening waters the garden.

Soon, your subconscious mind is blooming with:

- Confidence
- Health
- Energy
- Joy
- Peace
- Empowerment

It becomes natural. Automatic. And *permanent*.



## **Chapter 4:** **You Are the Programmer**

You're not broken. You've just been running outdated programming.

With hypnosis, you become the **conscious creator** of your mind.

You're no longer trapped by old beliefs or habits.

You're free to design new thoughts, build powerful neural networks, and step into the life you deserve.

### **Ready to Rewire?**

Every hypnosis audio in the **David Knight Hypnosis** collection is designed to help you:

Break the old neural patterns

Install new, empowering beliefs

Rewire your brain for health and happiness

Just press play... and let the transformation begin.

Let's be real: you've probably tried all the usual methods.

You've tried diets. Exercise routines. Meditation. Apps. Self-help books. Maybe even therapy.

But if nothing has worked long-term, it's not your fault.

You've just been working at the wrong level, **consciously**, when the real change needs to happen **subconsciously**.

With **David Knight Hypnosis**, you'll finally make the shift.

Here's what people say after just a few sessions:

*"I can't believe how easy this feels."*

*"I'm finally in control."*

*"I didn't even try... and I've lost 10 pounds."*

*"I feel calm, focused, and alive."*

*"Why didn't I find this sooner?"*

Every one of the **40 Hypnosis Audios** you'll find on our website has been designed to reprogram your mind for perfect health and wellbeing.

You don't need months. You don't need motivation.  
You just need hypnosis.

Each session uses carefully crafted language, positive suggestions, and proven hypnosis techniques to help you:

- Lose weight effortlessly
- Reduce stress and sleep better
- Break free from cravings and emotional eating
- Boost confidence and self-love
- Heal your body and mind
- Feel energised, focused, and alive

Just choose a Hypnosis Audio, **Download, Press Play, and Relax.** Your mind will do the work, even while you rest and sleep.

You don't need willpower. You don't need discipline.

You just need to **listen.**

## Chapter 5: Start Now – Conscious Vs Subconscious

While it's difficult to assign a **precise numerical value** to compare the power of subconscious audio programming to conscious thought, we *can* explain the difference in terms of **brain function and influence over behaviour** and from that, derive a **useful metaphorical comparison**.

### **Conscious vs Subconscious Mind: Power Comparison**

#### **Conscious Mind**

- Controls **about 5%** of your cognitive activity
- Processes roughly **40 bits of information per second**
- Handles **logic, willpower, decision-making**
- Limited by attention span and fatigue

#### **Subconscious Mind**

- Controls **95% of behaviour and emotional response**
- Processes over **11 million bits per second**
- Stores **all memories, habits, beliefs, emotional patterns**
- Runs on **autopilot** and is always active

### **Why Hypnosis Audio (Subconscious Programming) Is More Powerful**

Listening to a subconscious audio (especially under hypnosis) bypasses the **critical factor** of the conscious mind and speaks directly to the **control centre of habits, beliefs, and emotions**.

This is the part of your brain that:

- Regulates **breathing, heartbeat, immune function**
- Stores all **automatic behaviours** (good or bad)
- Responds **instantly** to suggestion and imagery

## So How Much More Powerful Is The Subconscious?

We could say:

Hypnosis audio programming is **275,000 times more powerful** than conscious thought alone **because that's the difference in processing power.**  
**(40 bits/sec vs. 11 million bits/sec).**

◆ **Conscious Thought** = 40 bits/sec

◆ **Subconscious Mind** = ~11,000,000 bits/sec

Even if you're highly motivated, conscious willpower is like using a **bicycle to push a train.**

But when you use hypnosis audio:

 You tap into the **locomotive engine** of the train itself, your subconscious.

### The Real-World Impact

- Affirmations with conscious effort can *eventually* create change, but it's **slow and inconsistent.**
- Subconscious audio programs make change **easier, faster, deeper,** and often **effortless.**

### Conclusion: Why Use Subconscious Audio?

- Faster habit change
- Longer-lasting emotional healing
- Less mental resistance
- More alignment with your goals
- Dramatic increase in motivation, confidence, and wellbeing

Subconscious audio isn't just more powerful.

It's **the most direct route** to transformation.

## **Chapter 7:** **Just Press Play**

Your subconscious mind is ready for new instructions.  
All you have to do is Download and Press Play.

The **40 Hypnosis Audio Sessions** available on our website  
are your fast track to:

Total wellbeing

Effortless health changes

Deep emotional healing

Permanent transformation

Are you ready to experience the power of your mind?

### **You Are More Powerful Than You Know**

The answers aren't "out there."

They're already inside you, waiting to be activated.

With hypnosis, you can unlock the incredible power of your  
subconscious mind and finally live the life you've always  
imagined.

Welcome to David Knight Hypnosis

Where transformation is fast.

Change is easy.

And the power is already yours.

Download and make change today:  
[www.DavidKnightHypnosis.com](http://www.DavidKnightHypnosis.com)



# YOU'RE INVITED TO RIDE THE MIRACLE WAVE

## A DAVID KNIGHT HYPNOSIS

### PERSONAL EMPOWERMENT PROGRAM

**Download 8 Hypnosis Audios to Ignite a Neurogenesis Cascade for Perfect Health and Wellbeing.**

**Rewire Your Brain and Transform Your Life**



**JUST PRESS PLAY... AND LET THE MIRACLE BEGIN.**

Welcome to **The Miracle Wave** – a cutting-edge, 8-audio hypnosis experience designed to **rewire your brain, reboot your life, and release the most powerful healing chemicals ever discovered** — the ones already *inside you*.

This isn't just self-help.

This is **neurochemical alchemy**. This is **the Miracle Wave**.



### **WHAT IS THE MIRACLE WAVE?**

The Miracle Wave is your entry into the **Neurogenesis Cascade** – your brain's natural ability to create **new thoughts, emotions, and identities** through neuroplasticity.

Each Miracle Wave Audio is expertly designed to guide you into **deep, healing hypnosis**, where your mind effortlessly begins to rewire itself. You're not forcing change. You're simply allowing it. And the results are miraculous.



### **WHAT HAPPENS INSIDE YOUR BRAIN?**

With every listen, your brain unleashes a **potent cocktail of neurochemicals** that elevate your body, reset your mind, and restore your spirit.

## THE MIRACLE WAVE CHEMICAL COCKTAIL:

The **theta brainwave state**, induced by audio sessions in *The Miracle Wave* is known to activate a **neurochemical cascade** involving powerful brain chemicals like **serotonin, melatonin, dopamine, oxytocin, endorphins, BDNF, and GABA**.

While we can't claim these chemicals "cure" illnesses in the medical sense, science has shown they can **play a significant role in healing, recovery, emotional regulation, and overall wellbeing**.

Below is a breakdown of each major chemical released during theta states, the **illnesses or imbalances they help address**, and the **beautiful effects** they create in the body and brain.

## ★ 1. Serotonin

The mood stabiliser. Serotonin restores your emotional balance, supports deep sleep, and brings lasting inner peace.

### **Helps With:**

- Depression
- Anxiety disorders
- Insomnia
- Irritable Bowel Syndrome (IBS)
- Migraines • Chronic fatigue

### **Benefits:**

- Stabilises mood and emotional wellbeing
- Regulates sleep-wake cycles
- Enhances digestion and gut-brain health
- Reduces pain perception
- Promotes feelings of peace and optimism

## 2. Melatonin

Your brains gentle bedtime whisper.

Helping you relax, drift off and enjoy, sweet, natural sleep.

### **Helps With:**

- Sleep disorders (insomnia, shift-work sleep disorder)
- Jet lag
- Seasonal Affective Disorder (SAD)
- Cognitive decline and neurodegeneration
- Certain types of cancer (as an antioxidant support)

### **Benefits:**

- Regulates circadian rhythm
- Deepens restorative sleep
- Supports brain detox and repair
- Enhances immunity
- Acts as a powerful antioxidant

### **3. Dopamine**

The spark of motivation and momentum.

Say goodbye to procrastination and hello to purposeful energy and drive.

#### **Helps With:**

- Depression
- Addictions and substance abuse
- Parkinson's disease (dopamine deficiency)
- ADD/ADHD
- Low motivation
- Fatigue syndrome

#### **Benefits:**

- Boosts drive, focus, and ambition
- Enhances pleasure and reward processing
- Improves motor control and learning
- Restores confidence and goal-oriented behaviour



#### **4. Oxytocin**

The love hormone. Oxytocin heals emotional wounds and strengthens your connection to self and others.

##### **Helps With:**

- PTSD
- Social anxiety and loneliness
- Emotional trauma
- Low self-worth
- Autism spectrum (social engagement deficits)

##### **Benefits:**

- Builds feelings of trust and connection
- Promotes bonding and self-love
- Reduces stress and lowers cortisol
- Enhances empathy and emotional healing

## ✨ 5. Endorphins

The feel-good fuel.

Endorphins reduce pain and flood your body with bliss, vitality, and joy.

### **Helps With:**

- Chronic pain
- Depression
- Anxiety
- Fibromyalgia
- Emotional burnout

### **Benefits:**

- Natural painkiller and mood booster
- Increases energy and vitality
- Creates euphoria and positive outlook
- Reduces physical and emotional suffering



## **6. BDNF (Brain-Derived Neurotrophic Factor)**

The miracle grow of your mind.

BDNF fuels the birth of new neurons and strengthens existing ones, supercharging learning, clarity, and resilience.

### **Helps With:**

- Alzheimer's and dementia
- Depression and mood disorders
- Traumatic brain injury (TBI) recovery
- Cognitive decline and learning issues
- PTSD

### **Benefits:**

- Stimulates neurogenesis (new brain cells)
- Repairs and strengthens neural pathways
- Boosts memory, clarity, and mental sharpness
- Supports emotional resilience

## **7. GABA (Gamma-Aminobutyric Acid)**

The calm command centre.

GABA helps switch off anxiety and overthinking, creating instant peace and calm.

### **Helps With:**

- Anxiety and panic disorders
- Epilepsy and seizures
- Insomnia
- ADHD
- Hypertension (indirectly via stress reduction)

### **Benefits:**

- Calms overactive thoughts
- Induces deep physical relaxation
- Reduces nervous system overstimulation
- Supports healthy sleep and blood pressure

🌟 **BONUS: Glutamate & Acetylcholine** These are also stimulated by deep theta states.

**Glutamate** – Enhances learning and memory. The spark of synaptic learning. Fuels rapid growth in brain communication and higher-level thinking.

**Acetylcholine** – Improves focus, attention, and neuroplasticity. The laser-focus neurotransmitter. Boosts attention, mental clarity, and rewires habits with precision.

The **theta-induced neurochemical cascade**:

- Helps regulate mood and sleep
- Supports healing from trauma and emotional pain
- Reduces chronic stress and anxiety
- Enhances brain health and repair
- Creates the conditions for healing and transformation

**When you ride The Miracle Wave, you're not just relaxing, you're rebuilding.**

## 🌟 **THE MIRACLE WAVE EXPERIENCE – 8 AUDIOS:**

1. **Wave One: Brain Awakening** – Activate the Neurogenesis Cascade and awaken your inner architect.
2. **Wave Two: Release & Reset** – Let go of what no longer serves you — thoughts, habits, emotions.
3. **Wave Three: Identity Recode** – Install a new empowered identity aligned with your true self.
4. **Wave Four: Cellular Vitality** – Recharge your body and energy field at the deepest level.
5. **Wave Five: Abundance Flow** – Tap into the frequencies of wealth, prosperity, and receiving.
6. **Wave Six: Radical Self-Love** – Build unshakable self-worth and emotional freedom.
7. **Wave Seven: Fear Transcendence** – Dissolve fear, anxiety, and limitation for good.
8. **Wave Eight: Quantum Embodiment** – Embody your future self now. Feel it. Live it. Be it.



## **HOW TO USE THE MIRACLE WAVE:**

**Find a quiet space.**

**Press play.**

Relax, breathe, and allow the transformation to unfold.  
No effort. No struggle. Just pure subconscious  
reprogramming from the inside out.

### **The Miracle Wave by David Knight Hypnosis**

Works while you sleep and relax

Ignites powerful chemical and neural transformation

Scientifically-backed hypnosis technology

Designed to create deep, lasting change

Feels incredible every time

The only thing standing between you and the most powerful  
version of yourself...  
is pressing play.

**8 audios. 1 brain. Infinite transformation.**

The Miracle Wave comes with a 4 month VIP Program and  
slots are extremely limited. If you are ready to ride the wave,  
don't wait, lock in your place today and claim the next  
available position.

Feel It. Ride It. Become It.

Download now: [www.DavidKnightHypnosis.com/miraclegwave](http://www.DavidKnightHypnosis.com/miraclegwave)

## **Thank You for David Knight Hypnosis**

You now understand how the brain works, how thoughts become programs, how hypnosis reprograms your subconscious, and how to trigger the cascade of life changing brain chemistry at will.

**You are not broken. You are powerful beyond belief.**

And now, you have the tools to prove it.

Here's to your mind, your health, and your limitless future.

***See you on the inside!***



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