

Learn Music  
-vocalists-



with  
Cyrilla Baer  
P.H. AEA/SAG-AFTRA

# Memorization is usually a grind - but it doesn't HAVE to be!

"Eyes-open hypnosis" has been used by hypnotists for decades to improve learning retention for students. But no one has created targeted memorization sessions for performers before. And no one has tried to put it into an at-home use format. Until now.

AEA/SAG-AFTRA actress and Certified Hypnotist, Cyrilla Baer, has created a new way for you to study your script or music with your paper in hand or your lines or music playing in your ear - at home, whenever you want! By putting you in an "eyes-open" trance, you play through the instructions, trance induction, and a short session that primes you for memorization specifically of show material, then you can play the next "repeatable" track as often as you want for your study session. When you're done for that session, the next track emerges you from trance while reinforcing your learning. Not just a bunch of suggestions for better memory like most hypnosis sessions, these programs actually go through your study session with you - enabling you to learn your lines or music deeply and in real time - while also giving you hypnotic suggestions developed specially for performers.

*Memorization and character development can actually be relaxing!*

## TRACKS

1. **Intro to Hypnosis & basic instructions (DO NOT skip this the 1st time!)**
2. **Hypnotic Induction**
3. **Learning Music (Vocal), Session**
4. **Learning Music (Vocal), Repeatable Track (eyes-open)**
5. **Final Suggestions and Emerge**

NOTE: If you prefer learning lines while listening to them, as opposed to just reading them, I suggest you set up your session with 2 playback devices. That way, you can have one earpiece from your headset playing the eyes-open track very softly in one ear and have your recorded lines playing on another device into your other ear (by earpiece or speakers.)

**THESE HYPNOSIS PROGRAMS ARE ONLY TO BE USED SITTING OR RECLINING IN A SAFE PLACE AND A SAFE SUPPORTED POSITION. NEVER LISTEN TO THESE PROGRAMS WHILE OPERATING MACHINERY, WALKING, DRIVING, TAKING PUBLIC TRANSPORT, OR DOING ANYTHING ELSE YOU NEED TO FOCUS ON!**