

Anxiety & Stress Relief Sleep-Learning: Calming & Relaxing Guided Self-Meditation, Hypnosis, & Affirmations



This program was created in order to help the listener achieve deep states of calm, release panic and anxiety symptoms, and to quiet racing thoughts. Anxiety often starts in the mind through fearful thoughts. These fearful thoughts create fearful feelings such as anxiety and increased levels of stress hormones in the body. The affirmations within this script are thoughts designed to induce calm, relaxed empowerment. Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, who we choose to surround ourselves with, and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat create our bodies over time, our thoughts shape who we are and ultimately what types of situations we manifest in our lives. Sleep-learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example, a mother may sleep soundly through thunderstorms and barking dogs yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time while you are asleep to realize your potential? In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entertainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal and wont diminish your results. Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. Accomplish your goals and create the life youve always wanted, starting today.

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