

# Brainwave Therapy - Release Guilt

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You no longer need to be burdened by regret, shame or responsibility. These feelings only sabotage your happiness, and your ability to make positive choices in your life. Most guilt is unhealthy; it gets in the way of trusting your instincts, and it stops you from being true to yourself and others. Subliminal messages are woven with theta waves to induce states of deep relaxation; here your subconscious mind is most receptive to change. Theta has been identified as the ideal state for learning, and unlearning. As you listen daily, fears and worries will fade and you'll discover the liberating joy of release that comes from living truly guilt free. The messages will be received by your subconscious where they will support you in experiencing more joy, happiness and personal fulfillment in your life. This recording contains the following subliminal messages: I am innocent I make good decisions I trust myself I am doing what I need to do I am good enough I accept life I surrender to appreciation I believe in myself I accept circumstances as they are I love myself I am free My actions are in harmony with higher purpose I release the past and I embrace the present I forgive myself I forgive everyone I approve of myself I know my boundaries I respect the boundaries of others I trust my inner wisdom to know the truth I use my power wisely I am safe and secure I am willing to change This Brain Wave Subliminal has two tracks; both contain the exact same subliminal messages. You can listen two ways. Listen to both tracks anywhere or anytime over your stereo system. While you won't consciously hear the subliminal messages, they will be received and absorbed by your subconscious. For deeper subconscious programming, and to receive the full benefits of Brain Wave Therapy, listen to track 2 (the one without the piano overlay) with headphones at a time and place when you will not be disturbed. Allow your self to simply drift and relax. You might even fall asleep and take a refreshing nap. Whether you fall asleep while listening or not, theta brain wave frequencies will induce heightened receptivity to the messages. Theta brain waves have been identified as essential to learning and storing information long-term memory. Theta is the ideal state for subconscious reprogramming.

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