

Brainwave Therapy - Deep Sleep

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Slip on your headphones, close your eyes and turn out the lights. Within minutes you'll feel like your brain is being massaged. Soothing Delta frequencies, associated with deep restorative sleep, and subliminal messages are masterfully woven into gentle music. As your brain cells resonate with Delta waves, you start to slowly swirl and drift. Pestered concerns are washed away, allowing you to fall into deep sleep states that bring the refreshing slumber your body and mind need for optimum performance. This recording contains the following subliminal messages: I am calm, I relax into deep sleep I let go and drift to sleep The day is over and I am free My mind is at rest, I sleep soundly My thoughts easily flow into rest and resolution My body relaxes into deep sleep Each breath leads me into sleep I am safe, I trust the future Inner peace fills my sleep I accept everything as it is I surrender for now My mind is free, my body is at rest Problems resolve while I sleep My dreams are healing and rejuvenating I am fulfilled I get the rest I need I rest in peace and comfort I drift safely to sleep I feel comfortable in my bed I surrender to serenity and peace Instructions for listening: This Brain Wave Subliminal has one 60-minute track. Listen with headphones in bed. Delta waves will help slow down mental activity and heighten receptivity to the subliminal messages. Just slip on your headphones, relax and drift into a deeply refreshing night's sleep. We find that ear-bud headphones are the most comfortable for listening while sleeping.

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