

# Brainwave Therapy - Weight Loss

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No matter how many times you've struggled to lose weight, you can do it now. Subliminal brain wave technology taps directly into the vast storehouse of creative energy that lies buried within the subconscious. In heightened states of receptivity, trigger words and phrases anchor a slim mindset that eliminates self-sabotage and unleashes your most vibrant, vital self. Becoming trim, taut and terrific has never been easier. This Brain Wave Subliminal activates the unlimited power of your subconscious because it incorporates brain wave frequencies that induce states of hyper-receptivity to subliminal messages. Here, a new set of self-empowering beliefs are firmly imprinted in the unconscious. Exercise to increase radiance. Discover true self-appreciation and respect. Eat foods that turn into beauty and health. Be attractive, active and in demand. This recording contains the following subliminal messages: I am active, attractive and in demand I love myself, I feel great I am healthy, I look great I eat what is good for me Every cell of my body exudes beauty and health I respect myself, I control my weight I enjoy my body, my body is great I relax into my perfect weight I let my slim self emerge I am nourished, I am satisfied I burn fat I am active and full of energy I love exercise I achieve my goals with ease I surrender to appreciation I honor myself, I honor my body I respect the integrity and wisdom of my body I eat less, I weigh less I feel light I am whole, complete and satisfied 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 yourself 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 in long-term memory. Theta is the ideal state for subconscious reprogramming.

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