

# Mindfulness Being Mindful Subliminal Mp3

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Mindfulness Being Mindful Subliminal mp3 What Is Subliminal Messaging ??? Subliminal messaging is an extremely old and well known programming technique which focuses on communicating with the subconscious mind. Your conscious mind can only do so much, if you're hungry you'll eat, if you're sleepy you will sleep but the subconscious mind is constantly working and performing complex actions such as regulating your bodys blood flow, temperature, regenerating damaged tissue, creating new cells, building muscle and whats amazing is that it does this 24 hours a day even when you're sleeping. The subconscious mind picks up all types of visual and audible messages which the normal mind cannot perceive. Its this part of your mind that subliminal messaging aims to train and re-program. Imagine how amazing it would be to be able to use your subconscious mind to support your conscious efforts. Is It Safe & Easy To Use ??? Yes it sure is, remember tapping into your subconscious mind and re-programming it to enhance your body is not something unnatural. Rather it has been known and used by NLP and Hypnosis experts for many many years. There are countless examples of it being used by both governments (good & bad) as well as organisations and health professionals to overcome serious problems and issues that people face every day. The most memorable or common example is that of the tests carried out in US Cinemas in the 1980s where hidden visual signals of popcorn and encouraging viewers to go and buy popcorn actually resulted in a huge increase in popcorn sales. Remember the conscious mind doesnt even perceive or see these messages but the subconcious does and it is this that causes you as a person to take action. Using these same signals to help you learn a language, build more muscle, lose weight, pass exams or even grow more hair is not odd since it's the subconscious that actually handles and deals with these matters anyway. What Do I Actually Hear With This Subliminal Mp3 ??? All our Subliminal Mp3 Downloads contain natural sounds of nature whether it be waves on a tropcial beach, or heavy rainfall in the amazon forest. These natural sounds are relaxing and suitable for even meditation and relaxation but behind the scenes at the inaudible level you will also receive subliminal messages going straight through to your subconscious. It has to be tried to be believed, so why not try our downloads today and experience postive results within days!!!.

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