

Mp3 Amber Wolf, Phd - Letting Go Into Deep Sleep



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Not able to fall into a deep sleep or stay asleep? This album was made for you. 1 MP3 Songs in this album (74:05) ! Related styles: NEW AGE: Healing, NEW AGE: Relaxation Details: For over 25 years Dr. Amber Wolf has dedicated her healing knowledge to relieving pain for hundreds of patients. Her treatments can help you feel pain relief without drugs or surgery, in some cases immediately. Each treatment is natural, holistic, and lasting."Many patients have come to me as a last ray of hope at the end of long road of pain and suffering. They have regained a healthy pain free life; you can have this, too." What makes this recording more effective than other recordings promising you sleep is Alpha Healing Access! This proven therapeutic process leads the mind into the deep state of alpha and theta brain waves, where rejuvenating sleep awaits you. This original recording is an impeccable recipe for the urgent need of anyone who has difficulty falling asleep or staying asleep. Heres how it works: from the beginning of the recording, you are gently guided from excessive brain activity (beta waves), brought on by worry and stress, into a state of tranquil letting go. Next, your body is systematically and completely released. In this state of profound conscious relaxation, the brain is effortlessly transitioned into the alpha then theta waves. The mind unwinds easily and becomes tranquil as you softly slip into a state of peaceful, profound relaxation. With this stage set, you are immersed into a deep, revitalizing sleep. Here, you will find the renewal of the healing, soothing, natural sleep that youve been searching for. *Alpha brain wave conscious meditation is rooted in the ancient technology of Yoga Nidra, the meditative heart of yoga, (Nidra meaning the sleep of the yogis) and is a profound gift of healing to this present age.

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