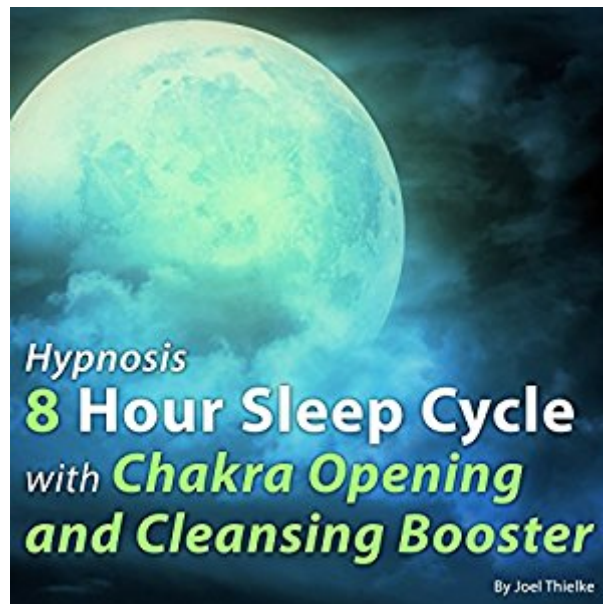


The book was found

Hypnosis 8 Hour Sleep Cycle With Chakra Opening And Cleansing Booster (The Sleep Learning System)



Synopsis

Cleanse and open your chakras so that you can live a free and peaceful life - while you sleep! The Hypnosis 8 Hour Sleep Cycle with Chakra Opening and Cleansing Booster is a soothing and incredible new program that works with your sleep cycle to relax and rejuvenate your body, and align your chakra to allow prana to flow freely. Melt away tension and live a free a peaceful life today. Powerful benefits of this eight-hour program include: Opening and cleansing the 7 chakra energy centers Mental clearness Improving and maintaining physical agility Spiritual fitness Feeling instantly relaxed Deep, restful sleep through the night Wake in the morning feeling rejuvenated and energized Just start listening to this eight-hour program when you're ready for bed, and get comfortable to fall asleep. In the first two hours, you'll drift off to sleep with our Alpha Theta Deep Sleep Induction, which will relax your body and mind and prepare for rejuvenating REM sleep. Then approximately two hours into your program when your REM cycle starts, the Chakra Opening and Cleansing boosting track will gently play, helping you to heal and cleanse and balance your chakras. The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed, helping you cleanse your chakras to live a free and peaceful life, filled with purpose and mindfulness. At the end of the program, we will bring you out of your deep sleep with a gentle wake ending count up and positive suggestions for a great day. For more information on our products or to ask us a question, please visit www.motivationalhypnotherapy.com

Book Information

Audible Audio Edition

Listening Length: 7 hours and 56 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: June 21, 2016

Language: English

ASIN: B01HDJ8ONA

Best Sellers Rank: #181 in Books > Self-Help > Hypnosis #1770 in Books > Self-Help > Spiritual #2580 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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