



Inner Child Healing, Reconcile & Heal Your Little One: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations

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This "inner child healing" sleep learning resource was designed to assist the listener in gaining a sense of unconditional self-love, releasing burdens carried from childhood experiences and reclaiming parts of the self that may have been left behind. It is also designed to assist the listener in gaining thoughts related to self-support, self-care, and self-compassion.

Some say that we are the sum of what we surround ourselves with. For example:

- What we watch on television
- What we listen to on the radio
- Who we choose to surround ourselves with
- Even the thoughts we think

All of the above affect our overall perceptions and thought patterns. Just like the food we eat creates our bodies over time, our thoughts shape who we are and, ultimately, what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example, a mother may sleep soundly through thunderstorms and barking dogs, yet the sound of her baby stirring in the next room will often instantly awaken her. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume while drifting off to sleep is ideal and won't diminish your results.

Accomplish your goals and create the life you've always wanted starting today.

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Charlie Hartman:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their free time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the publication untitled Inner Child Healing, Reconcile & Heal Your Little One: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations can be very good book to read. May be it could be best activity to you.

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