



# **Ignore Negativity and Be Positive and Confident: Hypnosis, Meditation and Subliminal - The Sleep Learning System Featuring Rachael Meddows**

*Joel Thielke*

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## **Ignore Negativity and Be Positive and Confident: Hypnosis, Meditation and Subliminal - The Sleep Learning System Featuring Rachael Meddows Joel Thielke**

Learn how to shield yourself from negativity and feel more positive and confident with this soothing hypnosis and guided meditation program.

The Sleep Learning System has collaborated with world-renowned hypnotherapist Rachael Meddows to bring you soothing programs that will help you create the positive change you want while you sleep.

The following program is in a script format that can be used in several ways. You may use it as a resource or reference. This is also a helpful tool for if you're interested in recording a hypnosis session for personal use only. You can tailor the script as you go based on what works for you personally.

Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. It's an easy way of both learning and breaking bad habits while you sleep through the night.

Don't let negativity bring you down or get in your way.

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