

# Self Confidence Meditation Brainwave Entrainment Mp3

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JOIN OUR LIBRARY FOR ONLY 2 PER WEEK AND GET ALL OF THE HEALINGWAVES SESSIONS PLUS EVERY OTHER TITLE IN OUR LIBRARY! (click GROUPS above to join) Each session is designed using the latest methods of delivering effective MP3 brainwave entrainment to you. These sessions are developed to help people achieve more confidence and security within themselves and build better relationships with others. The sessions are based on increasing emotional stability and cognitive behaviour. They can also help to relieve signs of depression, anxiety, autism, ADD and more! More session will be available in our library soon! Love 1 - 40 minute session which includes the use of affirmations regarding self confidence, and emotional stability. These begin once the session reaches the stage of entrainment where your mind will more effectively absorb the affirmations - much like hypnosis A comprehensive session using amongst others, SMR and Beta Waves. SORRY BUT NECESSARY INFORMATION YOU MUST READ & AGREE TO BEFORE USE USE OF THE PRODUCTS CONFIRMS YOU HAVE READ AND AGREE TO THE FOLLOWING: WARNINGS: Do not listen whilst driving, operating heavy or dangerous machinery. Do not listen if you suffer from epilepsy, fits or seizures, are photosensitive, pregnant, under the influence of drugs or alcohol. If at all unsure contact a qualified doctor before use. RELAXMP relinquishes all liabilities regarding the use and downloading of these digital products. Use at your own risk. During the sessions: Use earphones - the correct effects can only be gained in this way Keep your eyes closed - this eliminates around 80 of outside distractions and naturally stimulates theta waves. Have a glass of water handy or drink before listening - can make you thirsty Get comfortable and warm, fidgeting will interfere with entrainment and brainwave frequencies Relax, let yourself go with the beats!

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