

Stress Guided Meditation Self Hypnosis Mp3 Download

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HEALINGWAVES by RELAXMP3.CO.UK PLEASE READ INSTRUCTIONS BELOW BEFORE USING RELIEVE STRESS, ANXIETY & HARNESS THE POWER OF YOUR MIND Each session is designed using the latest methods of delivering effective MP3 brainwave entrainment to you. These sessions are developed to allow people to relax and relieve the symptoms of high stress! The sessions make use of Alpha and Theta waves which are proven to reduce stress! Brainwave entrainment is extremely good for anyone suffering from stress. LESS STRESS 1 Less Stress 1 - 30 minute session which includes a relaxing dual induction. You will hear brainwave entrainment pulses designed to guide your brainwaves toward the desired frequency combined with soothing music and a relaxation guided induction. Once guided into the high alpha frequency you will hear affirmations that will embed into your highly receptive state to aid you with relaxation and a positive attitude toward your life, however stressful! Designed to help you cope with a stressful life where you find it hard to switch off and relax, to enable you to reach a calmer, more focused mentality and therefore cope better and more effectively with situations. 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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