

Mp3 Janet Montgomery And Jeff Gold - Sleep Well

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A guided imagery tool for achieving better rest. Certified Hypnotherapist Janet Montgomery's soothing voice and Jeff Gold's beautiful music will help you to relax more deeply, for optimal sleep and better health. 2 MP3 Songs NEW AGE: Self-Help, KIDS/FAMILY: Educational Details: A GUIDED IMAGERY TOOL FOR ACHIEVING BETTER REST Take a half hour trip to another world, today.... Sit back, take a deep breath, get comfortable...and come along on a journey with JANET MONTGOMERY, Certified Hypnotherapist, who will teach you how to relax more deeply, for optimal sleep and better health. Janet's soothing voice and beautiful imagery, accompanied by the mellow instrumental sounds of JEFF GOLD's music, will guide you to a place of ultimate peace and calm. SLEEP WELL When we sleep well, we thrive. Deep, restorative sleep regenerates and rejuvenates us: it heightens our sense of well being. When we don't sleep well, our bodies and minds are deprived of the chance to repair and renew, and this can lead to serious problems. It's therefore essential for us to value and guard our sleep. What is the science of drifting off to sleep? In a waking state, our brains are very active: thoughts come at us rapid-fire. The conscious mind is technically called the BETA STATE, and brainwaves here, are high frequency. The trick is, to slow down our brainwaves at bedtime, and enter progressively slower brainwave states: the ALPHA STATE (meditative) the THETA STATE (dreamy) and finally the DELTA STATE (deep sleep.) Sometimes it's difficult to access these deeper states, because our mind has a gatekeeper called the CRITICAL FILTER, which acts, in a sense, to protect our deeper levels of consciousness. One of the keys to opening that gate is communicating in the language of the subconscious. Symbols: the language of the subconscious Hearing a detailed visual description of a physical place causes our subconscious to create a photo for itself, and including sounds, smells, makes it seem more real. Since our subconscious mind can't distinguish between reality and fantasy, we experience that place as if it were real. At that point, our conscious mind is distracted, and our subconscious is open to suggestion. Creating lasting change within ourselves A deep state of subconscious (just before DELTA STATE) is the ideal place to affect behavioral change. When intentions are instilled at this level, they become indelible in our psyche. This is the science of hypnosis, and the aim of this CD is to aid you in the process of SELF HYPNOSIS,

through GUIDED IMAGERY. There is nothing more mysterious than that contained on this CD. You will be taken on an imaginary voyage to a lovely and soothing place, where you will learn how to cast your cares away. You will then make a pact with yourself, to SLEEP WELL. It is that simple. No smoke and mirrors. Just a qualified guide, some beautiful music, and your own intention to improve the quality of your sleep to SLEEP WELL. Some of us just don't get enough good sleep and it takes its toll on our health and happiness. If you would like to sleep better please order a CD for yourself or someone you care about.

Janet Montgomery, C.Ht. Certified Hypnotherapist Janet Montgomery is a Certified Hypnotherapist who graduated with honors from the Hypnosis Motivation Institute. She received the Directors award for Remarkable Performance Achievements During Professional Training. Janet uses guided imagery, neurolinguistics, voice dialogue, time line therapy and goal setting assignments in her hypnotherapy practice. Janet works with stress, anxiety, fears, phobias, weight, smoking, goal setting, pre and post surgery preparation, pain management, tinnitus reduction, sexual relationship enhancement, behavior modification, procrastination and many other self improvement issues. Janet has worked successfully with hundreds of clients. Her office is located in Woodland Hills, California. Janet is also a staff hypnotherapist at the Porter Ranch Medical Center (located at 11200 Corbin Avenue, Suite 200, Porter Ranch, California 91326) and is a participating provider with Blue Cross Healthy Extensions and Ameriplan. Certified by: The American Hypnosis Association The American Board of Hypnotherapy Member of: The National Guild of Hypnotists The International Hypnosis Federation The American Tinnitus Association The Interstitial Cystitis Association Janet Montgomery ,C.Ht. 23123 Ventura Blvd., Suite 104-A, Woodland Hills, CA 91364 (818) 458-8564 z Fax (818) 225-1254 JanetMontgomeryHypnotherapy Also please visit Jeffgoldmusic.com

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