

Subliminal Affirmations For Peak Performance

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Yes, You Can Achieve your Goals with Self-Hypnosis! Buy this Professional, High Quality Subliminal mp3 created by Denver Hypnotherapist, Sheilah T. Davis MA., CH. Athletes, Actors, Musicians, Dancers, and Speakers - Do you want to improve your performance? Would you like to improve your performance while feeling calm, relaxed, and confident? Do you want the ability to get in the zone every time you perform? Have you tried just about everything to improve at your peak level? There is hope! Today is the day that can change your life. The answer is within you, all you have to do is make up your mind to achieve success!! The affirmations on this recording compel your subconscious mind to adjust your mental attitude, daily behaviors and activities in order to help you dissolve emotional blocks that sabotage your ability to perform at your peak level whether on stage or in a game. You will gain the ability to make your entrance feeling calm, relaxed, and confident while feeling comfortable with countless faces in the crowd who are mesmerized by your brilliant performance. We all have been hypnotized by our life experiences to believe a great number of things; some of them good and, well, some less so. As we go about our life, our subconscious mind records the experiences and creates beliefs and behaviors based on these experiences. Similar to a computer, the subconscious mind operates from the information programmed into it. Our conscious mind determines what information is programmed into the subconscious. Bypassing the critical factor of the conscious mind allows suggestions to be accepted easily into the subconscious mind, allowing us to make up our mind for change. All our behavior is adaptive. We do certain things because our conscious mind believes that is the behavior is helping us. In other words, our behaviors are created by our minds based on our life experiences. What was created by your mind can be cured with your mind. Supraliminal recordings contain suggestions that are recorded at very high frequencies which are outside the range of normal hearing. This method allows the suggestions to be heard and accepted by your subconscious mind without interference from the conscious mind. Although you will not consciously hear the words, your subconscious mind will hear them and accept the suggestions. Brainwave tones are embedded within the recordings enhance the experience by leading the listener into a heightened state of learning. Imagine yourself feeling confident, relaxed, and calm during your

performances! Today can be the day to take charge of the situation and begin to live your life anew... With daily use, this highly effective subliminal mp3 will give you the results you want! You will hear one 60 minute subliminal session which contain highly effective hypnotic suggestions and positive affirmations designed to help you develop new habits in the privacy of your own home. Listen to one track on this CD every day for at least three weeks, at a time when you can devote at least 60 minutes to feeling completely relaxed. Subliminal Self-Hypnosis has helped thousands of people! Hypnosis can help you, too! Imagine what your new and improved mind set, can do for you, your career and your relationships. You owe it to yourself to live your life to the fullest! Order Now!! *Important note: It is important that whenever you listen to any hypnosis or subliminal recording that you be in a safe, peaceful environment. Please do not listen to these recordings while driving a vehicle or operating dangerous machinery. Certain people should not use hypnosis or subliminal recordings: do not listen to these recordings if you are pregnant, have a pacemaker, a seizure disorder, or are under the age of 18 (without the consent of your physician). My name is Sheilah Davis. I am a professional Hypnotherapist from Denver, Colorado. I hold a master's degree in psychology, a master level certification in hypnosis and am a NLP practitioner. Please feel free to contact me if you have any questions about hypnosis or this particular auction item.

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