

Self Hypnosis For Success And Happiness

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We all know that success in every area of life comes down to mindset. But I realized that our modern lifestyle makes us so stressed out that we have almost lost the ability to relax ourselves. I also noticed that every time I focused all my energies on hypnotizing myself, I never reached the hypnagogic state. This is because willpower is meant to fail. In hypnosis, you let go of your willpower in order to reprogram your beliefs. Fact: Success in life depends not on willpower, but on the quality of our beliefs Through some research of my own, I found out that when human beings enter the hypnagogic state, they produced either Alpha or Theta waves. Right now you are awake, so you are producing Beta waves. But when you successfully hypnotize yourself, you first produce Alpha waves and eventually you will reach the Theta stage. At this stage, you will enter the hyper-suggestible state that allows you to reprogram your mind. With further research, I found out that.... The brain synchronizes its brain waves with outside stimuli. In other words, if you listen to Theta waves, your brain will begin producing Theta waves, and thus you will enter a hypnagogic state. The problem now was to find out how to produce Alpha and Theta waves. Heres whats included in this massive package: 1000 minutes (Over 16.5 hours!) of hypnotic audio sequences that will soothe your mind body and soul. A program guide that will teach you how to best use the audio. Normally, these packages would sell for \$17 EACH. But if you purchase this now, you will get 28 mp3s, a \$475 value, for only \$27.99. This is probably the cheapest you will find these audios anywhere so act now!

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