



Power Confidence & Self Esteem: Sleep Learning, Guided Self Hypnosis, Meditation, Affirmations & Sleep Music

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This *Power Confidence and Self Esteem Deep Meditation* program is designed to assist the listener in accessing their powerful inner confidence, a stronger sense of self, a deeper sense of personal power, and to cultivate a sense of unconditional positivity toward the self. Empowering thoughts create an empowered you!

Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, who we choose to surround ourselves with and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, our thoughts shape who we are, and ultimately what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example a mother may sleep soundly through thunderstorms and barking dogs yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time (while you are asleep) to realize your potential? .

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation and white noise. Listening at a very low volume is ideal and won't diminish your results. Narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. Accomplish your goals and create the life you've always wanted starting today.

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Lily Pawlak:

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Lois Hernandez:

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