

DEEP SLEEP

Experience Deep Refreshing Sleep

Slip on your headphones, close your eyes and turn out the lights. Within minutes you'll feel like your brain is being massaged. Soothing Delta frequencies, associated with deep restorative sleep, and subliminal messages are masterfully woven into gentle music. As your brain cells resonate with Delta waves, you start to slowly swirl and drift. Pestering concerns are washed away – allowing you to fall into deep sleep states that bring the refreshing slumber your body and mind need for optimum performance.

This Brain Wave Subliminal activates the unlimited power of your subconscious because it incorporates brain wave frequencies that induce states of hyper-receptivity to subliminal messages. This double-barrel approach works on two levels. Delta Waves, associated with the deepest levels of sleep, train your brain waves to slow down and relax into slumber. Subliminal messages, which are not consciously heard but are received by the subconscious, soothe nighttime worries so that you can rest more deeply.

Instructions for Listening

At bedtime, put on your headphones and lie flat on your back with your spine straight. If your listening device has an auto re-play function, set it so that while you sleep you will be receiving all the benefits of Delta Brain Wave Therapy. Many people report that 3 or 4 hours of Delta Therapy reduces their sleep requirement so they feel as if they had slept a full 8 hours. Most listeners favor using ear bud type headphones for sleep, as they are more comfortable. Breathe slowly and deeply, focusing attention on your breath. To quiet a busy mind, count each exhalation, starting with one going up until ten, then begin the cycle all over again. If you forget where you are, go back to one and begin again. When you notice you are thinking, bring your attention back to your breath. Linger on the peaceful space that lies between your thoughts. In time the space will expand and you will effortlessly drift into sleep.

Subliminal Messages

I am calm, I relax into deep sleep
I let go and drift to sleep
The day is over and I am free
My mind is at rest, I sleep soundly
My thoughts easily flow into rest and resolution
My body relaxes into deep sleep
Each breath leads me into sleep
I am safe, I trust the future
Inner peace fills my sleep
I accept everything as it is

I surrender for now
My mind is free, my body is at rest
Problems resolve while I sleep
My dreams are healing and rejuvenating
I am fulfilled
I get the rest I need
I rest in peace and comfort
I drift safely to sleep
I feel comfortable in my bed
I surrender to serenity and peace

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