

How To Use This App



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This meditation will create deep shifts within you. It will help you to drift into a deeply relaxing sleep. It will also help you remove any obstacles and thoughts that are getting in the way of what you desire in your life.

To gain the optimum effect from the use of this recording please follow these guidelines:



Please don't use this recording if you are driving or operating heavy machinery or if you were planning to do so immediately after the meditation.

First, make yourself comfortable. If you choose to sit or lie down down, please have a straight back and be in a position that you can stay in comfortably for thirty minutes.

Make sure your head is supported. You may need a blanket to keep yourself warm, comfortable and relaxed.



It's important that you don't need to move during this powerful meditation, so please make yourself as comfortable as possible right now.

For full effect, please listen through headphones, this will enable you to absorb all the suggestions fully. Through headphones you will receive the full benefit of the sounds which pan across the stereo range.



If during the meditation you need to come back at any time, you can. You are perfectly safe all the way through this process.

Listen every day initially for 21 days and then as and when you wish. However, this is purely a guideline and you can listen to the recording as often as you like.

The subtle background sound effects are recorded in certain musical keys and frequencies to enhance certain states and help with the absorbing of suggestions.



If this app helps you please
leave a positive review and
rating on the iTunes App store.



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