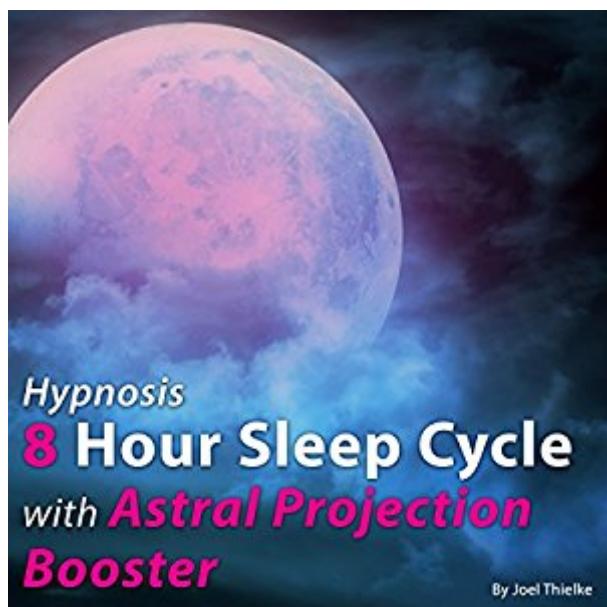


The book was found

Hypnosis 8 Hour Sleep Cycle With Astral Projection Booster: The Sleep Learning System



Synopsis

Learn how to safely experience Astral Projection while you sleep. The 8 Hour Sleep Cycle with Super Motivation Booster is a safe and incredible new program that works with your sleep cycle to relax and rejuvenate your body, and help train your mind for astral projection during your REM cycle. Astral projection (or astral travel) is an out-of-body experience achieved either awake or via lucid dreaming or deep meditation. It's safe and natural, and now you can experience it while you sleep. Powerful benefits of this Sleep Learning program include: Opening your mind for astral projection Deeper relaxation for your body and mind The ability to meet life guides in your travels Learn hidden knowledge Deep, restful sleep through the night More calm and peace, less anxiety and tension Boosted natural psychic abilities Wake in the morning feeling rejuvenated and energized Just start listening to this eight-hour program when you're ready for bed, and get comfortable to fall asleep. In the first two hours, you'll drift off to sleep with our Alpha Theta Deep Sleep Induction, which will relax your body and mind and prepare for rejuvenating REM sleep. Then approximately two hours into your program when your REM cycle starts, the Astral Projection boosting track will gently play, helping to stimulate your brainwaves safely and naturally. Your subconscious will open itself to safe and exciting astral travel and positive, empowering beliefs. The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed, and help promote astral projection. At the end of the program, we will bring you out of your deep sleep with a gentle wake ending. When you wake in the morning, you'll feel refreshed and rejuvenated and ready to take on your day. We recommend listening to this program for 21 nights in a row.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 57 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: April 8, 2016

Language: English

ASIN: B01DYTT1A8

Best Sellers Rank: #47 in Books > Self-Help > Hypnosis #1660 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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