

Sleep Hypnosis Insomnia

Mindfulness Hypnosis Academy

Deep Sleep Hypnosis Mindfulness Hypnosis Academy,2021-01-15 Do you have trouble relaxing? Do you have trouble getting yourself to sleep once you lay down for bed? Do you suffer from racing thoughts, taking over your mind beyond your ability to control? A lack of quality sleep can hinder your alertness and quality of life while awake, as anyone with sleeping issues already knows. Here is a book that might help you a great deal. It provides six guided deep sleep sessions and hypnotizing bedtime stories that will make even the most stressed out individual relax and journey into a realm of pleasant dreams! In this book, you will find answers to: What is the power of hypnosis to drive the sub-conscious mind into a more profound and enlightened state of being What power does hypnosis have on the conscious mind and body How to fall asleep instantly How to use hypnosis and hypnotherapy as deep sleep meditation What are the six guided deep sleep sessions with background mediation music (for adults and for kids) What are the keys to better rest and a more healthful mind, body, and soul How to instantly relieve stress, calm energy, increase your inner peace, and practice mindfulness Finding trouble sleeping does not have to be a norm for you. If sleeping problems plague you, it's time to try this all-natural sleep aid and put sleep hypnosis to work for you. Hypnosis has been used for centuries to cure many ailments, including the inability to get better sleep. You can help yourself improve the quality of your life with hypnotherapy now, even if you are a beginner. You can start - wherever you are - from this moment. You have only to close your eyes, keep an open mind, and take deep breaths. Are you ready to start a new way of life? Buy this Book now

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Deep Sleep Hypnosis Dharma Self,2020-03-06 Do you know how to achieve Deep Sleep? Do you want to learn Deep Sleep Hypnosis? The biggest reason that we can't get a deep sleep is because we will go to bed without completely relaxing. This hypnosis is going to take you through your anxiety, making sure all reasons that you can't fall asleep are gone. When you are able to let go of the things that are keeping you up, then you

will not only be able to get to sleep faster, but you'll stay asleep all night. For this hypnosis, make sure that you are ready to fall asleep. Get rid of all other things around you that might be keeping you awake. Start to focus on your breathing. Feel it come in and out of your body just like how the thoughts of anxiety might be slowly passing through. One of the reasons that you are hanging onto stress is because of the obligations you feel you have. It can be hard to go to sleep when we think that we should be doing other things. Do not focus on that right now. The only thing you should be focusing on is your breathing. Breathe in through your nose and out through your mouth. As you breathe in, think of all the great memories you have from the day. As you breathe out, let go of everything that occurred that might have stressed you out today. Breathe in the good things that happened, and everything that you are excited for tomorrow. Breathe out the things that you wish you would have done. You do not have to hang onto these stressful things anymore. The only thing that matters is that you are going to get the right amount of sleep tonight. As you fall deeper into a hypnotized state, start to count your breathing. Each time we take a full breath, every single breathing cycle we complete, brings us one step closer to complete and total relaxed sleep. The reason that our anxiety can be so bad is because we forget to control our breathing. When our breathing is out of whack, it makes our heart pump faster, too. This will make everything feel tense. We only need to focus on calming down right now. This is necessary because it will help us stay asleep. If we are stressed about other things around us, we will not be able to fall into a complete and deep sleep. In order to fall all the way asleep, we have to also clear our mind of all the things that might be stressing us out. It is important to reflect on the past, but there is no good use that is going to come from ruminating over things that make us anxious right now. We can't stay stuck in the past. The only option we have is to keep moving forward. In this book we will discuss the following topics: Introduction to Hypnosis Sleep - The Reason, The Purpose and How to Get It Why It's Important to Sleep Well Deep Sleep Scripts And many more! Scroll up and Click the Buy now with 1-Click button to get Deep Sleep Hypnosis, Relaxing Bedtime Meditations and Affirmations to Prevent Insomnia, Anxiety and Stress. Fall Asleep Instantly and Calm Down with Restful and Peaceful State of Mind (Audio version available on Audible)

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