



Emotional Healing: Complete Your Past, Heal, and Be Happy with Hypnosis, Meditation, and Affirmations (The Sleep Learning System)

Joel Thielke

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Heal from your past so that you can embrace your future. Leave behind negative feelings and start to feel more confident and whole. Complete your past and heal emotionally with this guided meditation and relaxation program from certified hypnotherapist, Joel Thielke.

It's as easy as turning on the tracks and falling asleep!

The Sleep Learning System is specially designed to work with your subconscious mind during your sleep cycle. The guided meditation and soothing background music will deeply relax your body and mind for the perfect night's sleep, while allowing you to access the deepest parts of your mind for true healing to take place.

Two inductions give you options for each session, or listen to the entire album. It's your choice!

You'll feel well rested and energized when you wake up, and with every time you listen, you will feel more at peace and positive.

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