



Turn Your Dreams Into Reality: Hypnosis & Meditation

Erick Brown

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Do you want to start taking action with your ideas and start following through? What could you accomplish with unlimited confidence, motivation, and drive? Turn your dreams into reality and take charge with this hypnosis program from Erick Brown.

Turn Your Dreams into Reality Hypnosis will help boost your self-confidence and motivation to follow your dreams and actually make them happen. Powerful suggestions for deep relaxation and positive change will be received by your mind, removing self-doubt and limiting beliefs, empowering yourself and motivating you toward success. Have faith in yourself and your ideas, and make them happen today.

Turn Your Dreams into Reality Hypnosis includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change. One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. And one containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

Also included on this audiobook are five subliminal chapters. These subliminal chapters are designed to be listened to at anytime, day or night. Do not listen to them while operating a moving vehicle. They include:

- "Focus on the Journey"
- "Welcome to Where You Are"
- "Positive"
- "Brain Banding"
- "Create the Powerful You"

Don't wait another day to take charge of your future. Make your ideas happen and start seeing results today!

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Curtis Tyson:

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