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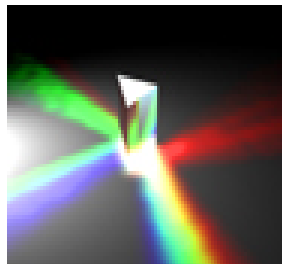
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Subliminal Suggestion



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Affirmation goal setting motivational software, for improved mental/physical health, personal growth.

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Put an end to tooth pain, bleeding gums andamp; expensive treatment. Fast andamp; easy methods for keeping your teeth healthy for life.

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● **The Science Of Abundant Life**

A complete, simple, practical, easy-to-understand, step-by-step system for getting rich, being healthy, andamp; becoming successful!

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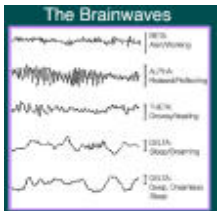


Autogenic Training

Autogenic, which means "self-regulation or -generation," refers to the way in which your mind can influence your body to balance the self-regulative systems that control circulation, breathing, heart rate, and so on. Autogenic training allows you to control stress by training your autonomic nervous system to become relaxed.

It is suggested that you learn progressive relaxation first. Autogenic training will then teach you to respond, in a passive manner, to verbal and visual cues that reduce tension. By focusing on relaxing phrases and images, the training conditions positive, relaxing responses, such as rhythmic breathing and heart rate and a warm, relaxed, heavy feeling throughout the body.

Autogenic training is based on the notion of passive concentration: that is, you try to achieve your goal of relaxation by not working actively to do so (as in progressive relaxation).



How Does it Work ?

Accurately calibrated sine wave frequency generators were used to generate different frequencies in each ear.

Experimenting through the whole range of alpha waves (from 8 - 12 Hz) it was found that a combination of frequencies consistently caused a spontaneous relaxation of mind and body.

You can now recreate the effect for yourself by downloading the frequencies directly from the internet and listening to them on headphones. The programme lasts for 20 minutes and works every time

The frequencies used are a perfect compliment to your own autogenic training. You will easily achieve the passive relaxed state required to control your autonomic nervous system by your own commands

Please note that this program contains no voice over or instruction

It is used as an accompaniment only

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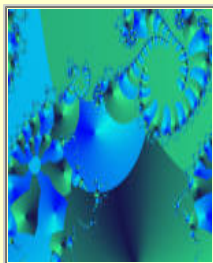
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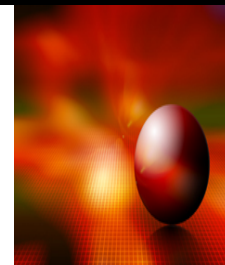
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Natural, sustained weight loss based on yoga, meditation and vegetarian diet. ebook with complete instructions.
- Natural Stress Relief**
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