

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



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. The following program is in a script format that can be used in several ways. You may use it as a resource or reference. This is also a helpful tool for if you're interested in recording a hypnosis session for personal use only. You can tailor the script as you go based on what works for you personally.

Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. It's an easy way of both learning and breaking bad habits while you sleep through the night. Don't let your past hold you back from your future. Heal from your past and move on today with The Sleep Learning System!

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Reviews for The Sleep Learning System: I give you 5 stars. It's relaxing and helps me sleep all night, and I'm way more motivated when I wake up. Ryan H., New York I just wanted to say that I lost 20 lbs with this program. It really works and I can't thank you guys enough. I wasn't sure how much change could happen while I was sleeping but it really did change my life. Sandra K., Los Angeles, CA Soooo relaxing! I felt so great when I woke up after this program, thank you. Hannah G., Portland, Oregon AMAZING. Soothing and easy. Mike J., Atlanta, GA I run every morning since I started listening to this I've decreased my time by a couple minutes. Also nice to fall asleep to Brian R., Lawrence, KS

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Jan 28, 2014 **Stop Obsessive Thinking, Calm Your Mind with Hypnosis, Meditation** Emotionally heal and move past unrequited love. The Sleep Learning System is specially designed to work with your The guided meditation and soothing background music will deeply relax your body and mind for the perfect with every time you listen, you will feel more whole and complete, and emotionally healthy. **Sleep Learning System Joel Thielke - iTunes - Apple** Law of Attraction Money and Wealth Guided Mediation: Sleep Learning System Emotional Healing: Complete Your Past, Heal, and Be Happy with Hypnosis, Super Learning Mental Power Boost: Sleep Meditation & Alpha Theta Hypnosis Anxiety Self Help, and Deep Relaxation Guided Meditation and Affirmations. **Emotional Healing: Complete Your Past, Heal, And Be Happy with** Nov 24, 2016 Emotional Healing Positive Affirmations: Move on from the Past with Soothing Master Self-Discipline and Willpower with Hypnosis and Meditation: The Sleep Learning System Speech Heal from the past and embrace your future! In this audiobook, six soothing nature sounds settings help your body

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