

# Relaxation and Stress Relief Subliminal Mp3 - Ambient Music

Thank you for investing in one of our Self Empowerment Mp3 Subliminal's, we appreciate your business.

Your Relaxation and Stress Relief Mp3 subliminal download contains the following affirmations:

*I am calm. I am relaxed. I am stress free. I am at peace. I am free of tension. I love life. I am ready to be calm and relaxed. I am able to remain calm and relaxed. I am in control of my life. I am calm and relaxed. I have peace of mind. I am mellow and calm. I deserve relaxation. I feel calm. I have the power to relax. I can feel calm. I can feel good. I am peaceful. I forgive others. I forgive all. I can be forgiven. I forgive myself. I am forgiven. I am grateful. I release all blocks to relaxation. I am safe and secure. I have inner peace. I am absolutely content. I am able to feel good. It is natural to feel peaceful. I accept calmness and relaxation. I am absolutely safe and loved. I can be in control. I have the power to let go. I can let go. Peace surrounds me. I am in control. I have deep inner calm. I feel relaxed. I let go of stress. I feel serene. I am soothed. I am at ease. I am serene. I am able to be at peace. I feel good. I love myself. Beautiful tranquility. I am absolutely a positive person. Comforting energy flows through me.*

*I am relaxed in mind and body. I deserve to relax. I am tranquil. I ease up. Everything works out well. I believe I am a relaxed person. I am peaceful and calm. I am surrounded by love. My life is wonderful. Life is good to me. Serenity. Peacefulness. Calmness. I create peace in my life. I create tranquility. I am ever content. Happily I am a naturally relaxed person. I appreciate my calmness. I am thankful for my contentment. I feel very calm. I automatically release and relax. I feel very tranquil. I feel very peaceful. My life is filled with peace and calm. I feel safe and secure. I am a calm and relaxed person. I have all I need to be relaxed. I am safe and loved. There is a steady calmness within me. I am settled. My pulse is calm and regular. I am emotionally at ease. I am harmony. I am deeply relaxed. I am confident and content. I feel deep relaxing calmness. I feel fantastic. I react to stimuli in ways that are empowering for me. I am positive. I am good. I am strong. I am confident. I believe in myself. I trust myself. I feel great. I feel happy. I am wonderful. Life is good to me. I love my life.*

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The messages in both male and female voices on this recording have been processed to deliver up to 2000 clear affirmations per hour. These strong, clear messages were recorded just slightly below the level of the sound format, using a computer processor, to ensure the strongest saturation of subliminal messages. Each message is embedded in the music so precisely that you don't consciously hear it, yet they are well within the range of hearing to strongly register on the brain.

Because of our high saturation of subliminal messages you may occasionally hear some of the affirmations slightly bleeding through the music or nature sounds. This is your assurance that you are getting strong subliminal messages in this recording. This subliminal program also takes advantage of the brain's receptivity to both emotional and logical messages to activate both brain hemispheres – this assures complete absorption of the messages for the changes and improvement that you want. Play this program softly in the background any time day or night, while you are working, driving, reading, learning, eating or even sleeping. Listen to the entire recording at least once a day or more if possible. The more you listen, the greater the effect.