

# Sleep Soundly Subliminal Mp3 - Forest-Stream Sound Format

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

Your Sleep Soundly Mp3 subliminal download contains the following affirmations:

*I am calm. I naturally fall into a deep sleep. My body relaxes deeply as I lie down to sleep. I can sleep deeply and naturally. As I lie down to sleep my mind relaxes and I fall asleep. I am relaxed. I am healthy. I am stress free. I am at peace. I have energy. I love life. I am ready to be calm and relaxed. I am thankful for my restful sleep. I am able to remain calm and relaxed. Sleep is rest. I exercise. I rest. I breathe deeply. I am alive. Life is great. I am calm and relaxed. I have peace of mind. As I lie down to sleep I feel safe, secure and calm. My dreams are pleasant and joyful. I deserve relaxation. I feel calm. Sleep restores me. I have the power to relax. Sleep refreshes me. I am peaceful. I forgive others. I forgive all. I can be forgiven. I forgive myself. I am forgiven. Sleep is effortless. Sleep is easy. I release all blocks to relaxation. I am safe and secure. I sleep to build energy. I have inner peace. Sleep is good. I am absolutely safe and loved. I have the power to let go. Sleep restores my energy. Peace surrounds me. I sleep deeply. I have deep inner calm. I feel relaxed.*

*My sleep revitalizes me. I feel serene. I am soothed. My sleep is sound, peaceful and restful. Beautiful tranquility. Sleep is rest. I am relaxed in mind and body. I deserve to relax. I am tranquil. I believe I am a relaxed person. I enjoy sleep. I am peaceful and calm. I rest peacefully. I am surrounded by love. My life is wonderful. Serenity. Peacefulness. Calmness. I create peace in my life. I create tranquility. I sleep to build energy. I sleep deeply. I appreciate my calmness. I love living. I rest peacefully. I feel very calm. I automatically release and relax. I feel very tranquil. I feel very peaceful. I sleep peacefully. Sleep is natural. I feel safe and secure. I am a calm and relaxed person. Body rested, I awake. I am safe and loved. I awake alert. I awake refreshed. My pulse is calm and regular. I am deeply relaxed. I feel deep relaxing calmness. I feel fantastic. 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.*

---

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.