



Empath Support, Manage Energy & Empathic Sensitivities: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations

Jupiter Productions

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This "empath support" sleep learning resource was designed to assist those gifted with empathic and sensitive abilities in gaining self-beliefs related to gaining a strong sense of self, protecting and cleansing their energy. It was also designed to assist the listener in releasing self-beliefs that tend to make the empath vulnerable to negative or draining energies.

Some say that we are the sum of what we surround ourselves with. For example:

- What we watch on television
- What we listen to on the radio
- Who we choose to surround ourselves with
- Even the thoughts we think

All of the above affect our overall perceptions and thought patterns. Just like the food we eat creates our bodies over time, our thoughts shape who we are and, ultimately, what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example, a mother may sleep soundly through thunderstorms and barking dogs, yet the sound of her baby stirring in the next room will often instantly awaken her. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume while drifting off to sleep is ideal and won't diminish your results.

Accomplish your goals and create the life you've always wanted starting today.

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Suzanne Macdougall:

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Leslie Yazzie:

Is it you actually who having spare time after that spend it whole day by watching television programs or just resting on the bed? Do you need something totally new? This Empath Support, Manage Energy & Empathic Sensitivities: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations can be the respond to, oh how comes? The new book you know. You are so out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these textbooks have than the others?

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