

## **The Deep Mind System Explained**

I know that some of this science talk may sound a little dry to some people but I think it is extremely exciting to know that science is beginning to understand and prove how powerful our minds are in how we see the world and how we create our reality. So let's move on now and explain a little bit about the deep mind system which you will be learning next, and exactly what it is.

This unique self-hypnosis and meditation system, as I have said, utilises an ancient 2000 year old meditation technique called the Yoga Nidra. The Yoga Nidra will enable you to enter an altered state of consciousness, created by encouraging the rational and critical part of your mind to relax. The deep mind system is taught to you so you can learn it for yourself and use it anywhere and anytime you choose. Or you can listen to the Audio in the comfort of your own home. Together with modern scientific adaptations, which increase its power and speed in attaining high levels of alpha and theta brainwaves. This is a very simple and natural process to achieve. When you achieve these brainwave patterns your conscious critical mind and negative self-talk will quiet down. This will raise your vibration and enable you to access your subconscious deep mind, where all your past programming and conditioning are held. Most of which was programmed when you were a child up until the age of 12 when you were in a natural hypnotic state.

To learn this process I will be giving you a soothing and relaxing audio for you to follow which will relax your body and mind.

After you get comfortable with the process you will then practice it on your own so that you will be able to quickly access this deep level of relaxation whenever you choose. The real power behind this whole process is that you are always in complete control. Once you learn this amazing technique for yourself it will enable you to access this beneficial state throughout your day and in stressful situations that pop up, without taking up hours of your time.

In this special mental state you have access to your deep inner mind, your subconscious, where you can use your personally created affirmations , which you will learn later, and positive imagery, for whatever you choose, more powerfully and with complete success, to achieve anything that your heart desires.

**Once you learn this Unique Mind Enhancing System You Will Receive Countless Benefits Such As:-**

- Access your deep inner mind, subconscious

- Decrease harmful stress and tension
- Improve Health and Wellbeing
- Remove negative and limiting programming and conditioning
- With the law of attraction you will Create your desired experience

It will also give you peace of mind from your constantly chattering and Judgemental mind where you can experience who you really are and be in direct connection and communication with Source.

Like most people I'm sure you sometimes have a hectic and busy life. That's why I have created this personalised self-hypnosis and deep relaxation system to give you transformational results in as little time as possible. This deep mind system is uniquely designed so that you can easily learn it and use it whenever you wish.

It has also been scientifically proven that when you use this Mind Enhancing System in conjunction with positive affirmation and imagery it allows them to be deeply embedded into your subconscious mind where you're usual negative self-talk and negative beliefs are replaced with positive self-talk and positive beliefs.

You will only need to invest just 5 to 20 minutes a day and you will soon discover the significant changes in your quality of thoughts, your work and your interactions with friends and loved ones.

This method is one of the most powerful ways that you can use to allow the laws of the universe in particular the law of attraction to work for you rather than against you.

All the experts in the personal development field agree that some form of meditation, relaxation or self-hypnosis is an essential tool that you need to help you increase your vibration and create anything that you desire.

Imagine what that would be like to have anything you desire.

What if you had the increased prosperity, the loving relationships, the vibrant health and blissful joy that comes from creating your life the way YOU want it to be? Well that is what you will achieve once you master this simple and powerful technique and use it regularly in your life?

Wouldn't that feel great??