



# **Love and Empower Yourself, Positive Thinking: Hypnosis, Meditation and Subliminal - The Sleep Learning System Featuring Rachael Meddows**

*Joel Thielke*

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## **Love and Empower Yourself, Positive Thinking: Hypnosis, Meditation and Subliminal - The Sleep Learning System Featuring Rachael Meddows Joel Thielke**

Love and cherish yourself and create empowering energy with this relaxing program from the world-renowned Sleep Learning System, narrated by best selling hypnotherapist, Rachael Meddows.

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.

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