

Letting Go of the Past: Hypnosis, Meditation and Subliminal: The Sleep Learning System



Let go of the past, find closure, and open yourself to the exciting future you are meant to have with the help of hypnosis and guided meditation. The Sleep Learning System has collaborated with world-renowned hypnotherapist Rachael Meddows to bring you soothing programs that will help you create the positive change you want, while you sleep. 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. Find healing for yourself and let go the baggage of the past today.

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