

THIS TRACK IS COMPRISED OF MUSIC AND LYRICS ENGINEERED TO RELAX YOUR MIND AND BODY AND TO AID YOU IN FOCUSING. IT IS ALSO FILLED WITH SUBLIMINAL MESSAGES. YOUR KNOWLEDGE OF THESE MESSAGES WILL NEITHER HINDER NOR AID ITS EFFECTIVENESS. THEY ARE WRITTEN OUT FOR THE SAKE OF YOUR CURIOSITY AND YOUR SELF-DISCOVERY: YOU ARE FEELING MORE RELAXED WITH EACH BREATH THAT YOU TAKE. EACH BEAT OF YOUR HEART HELPS YOU FEEL STRONG AND FOCUSED. YOU FEEL MORE ALIVE EACH MOMENT. YOU IDENTIFY WHAT YOUR NEEDS ARE IN YOUR LIFE. YOU FEEL STRONG AND ALIVE FOR KNOWING WHAT YOU NEED. YOU ALLOW YOURSELF THE FREEDOM TO HAVE NEEDS. YOU FIND WAYS TO FOCUS AND FILL YOUR NEEDS. YOU TRUST YOURSELF AND THE WORLD MORE AND MORE EACH DAY IN EVERY WAY. YOU RELEASE PAIN AND TENSION FROM YOUR BODY AND FROM YOUR MIND. YOU RELEASE PAST RESENTMENTS, DEVELOPING COMPASSION. YOU GIVE YOURSELF SUFFICIENT TIME AND SPACE TO ACCOMPLISH ALL TASKS. YOU SET REASONABLE GOALS FOR YOURSELF. YOU GAIN FAITH IN YOURSELF FOR ACCOMPLISHING YOUR GOALS. IF YOU EVER FALL, YOU GET UP, DUST YOURSELF OFF, AND YOU KEEP GOING. YOU FEEL STRONGER THROUGH THE PROCESS OF LEARNING. YOU FORGIVE YOURSELF FOR LEARNING. YOU FIND THAT YOU ARE ABLE TO FEEL YOURSELF AS GROUNDED, BUT LIGHT AND FREE. YOU FEEL RELAXED, BUT POWERFUL. YOU FEEL ENERGETIC, BUT SOOTHED. YOU ALLOW YOURSELF TO FEEL EMOTIONS. YOU ALLOW THE EMOTIONS TO ENTER YOU. YOU ALLOW THE EMOTIONS TO PASS THROUGH YOU WHEN YOU ARE DONE LEARNING FROM THEM. YOU FEEL A DEEPER TRUST IN YOURSELF AND IN THE WORLD AROUND YOU. YOU FEEL A DEEP SENSE OF APPRECIATION FOR WHO YOU ARE. YOU ALLOW YOURSELF TO HAVE SILENT TIME TO LOOK WITHIN FOR GUIDANCE AND STRENGTH. YOU FEEL MORE ALIVE EACH DAY, IN EVERY WAY. YOU FEEL ACCEPTING OF OTHERS. YOU FEEL ACCEPTING OF YOURSELF. YOU FEEL INDEPENDENT, BUT CONNECTED TO OTHERS. YOU FEEL YOUR INNER POWER, A STRENGTH THAT GROWS AND IMPROVES ALL ASPECTS OF YOUR LIFE.

