

Section 3 Going Deep

Going deep will last you the rest of your life. It will help you sleep, feel grounded, clear your mind, and bring you into ultimate deep relaxation.



Track

1

About "Going Deep" 2 mins

Purpose: Shares the benefits of this program.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Everyone</i>	<i>Anytime</i>	<i>Once</i>	<i>Any</i>	<i>Yes / Once</i>

Track

2

Sleep Hypnosis for Anyone 18 mins

Purpose: Guided hypnosis for deep sleep.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom & Partner</i>	<i>Anytime you want to sleep</i>	<i>When you need help sleeping</i>	<i>Lying down</i>	<i>Yes / Regularly</i>

Track

3

Ultra Depth Relaxation 27 mins

Purpose: Deep, healing, restorative relaxation.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Everyone</i>	<i>Anytime</i>	<i>Daily in the morning or before bed is best</i>	<i>Lying down</i>	<i>Yes / Regularly</i>

Track

4

Grounding Meditation 10 mins

Purpose: A techniques for feeling stable, grounded, and in the present moment.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Anyone</i>	<i>Anytime</i>	<i>Daily in the morning is best</i>	<i>Sitting</i>	<i>Yes / Regularly</i>

Track

5

Journey into Vast Space 12 mins

Purpose: A technique for quieting your mind, releasing negativity, and building positivity.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Anyone</i>	<i>Anytime</i>	<i>Daily in the morning is best</i>	<i>Sitting</i>	<i>Yes / Regularly</i>