

[Link to the web store](#)



**Duration:** 30 minutes

**Eyes:** closed

**Headphones:** Not mandatory in this case, but recommended. You could also use loudspeakers instead.

[\[Link\]](#) to the info page with the possibility to listen in

**By the way:** *co-creation galaxy* means the "co-creation of reality from the infinite possibilities of the quantum field" - known from the movie "The Secret".

**What is special about this program?** This program takes you into a hypnagogic state in which you are maximally receptive to self-programming. Autosuggestion is a proven and simple method of working on yourself and bringing about change. Some also call it "self-hypnosis".

**Who is it best suited for?** This program is particularly suitable for people who want to program themselves with language and words in order to achieve certain goals.

**What does this program consist of?** Isochronous beats. These start at 14 Hz and bring your dominant waves down to 8.4 Hz within 5 minutes, into a very low alpha range just on the border to theta. Once there, you have 20 minutes to administer your autosuggestions before you are released into a light beta state at around 16 Hz at the end.

**When to listen?** Once a day, for weeks...

**How to listen?** This autosuggestion session requires a quiet, undisturbed retreat.

**What to pay attention to when listening?** Try to relax right at the beginning by breathing consciously. After about 5 minutes, start reciting your autosuggestions inwardly again and again - like a prayer or a mantra (or turn on the "tape recorder", which plays your pre-recorded autosuggestions for you). Good feelings are important when listening.

Talk to yourself! Just tell yourself over and over again what you should (and will) believe in the end.

**When does an effect occur? How can I recognize it?** You have arrived in the hypnagogic state when dreamland announces itself. At this point, please do not fly away, but "reel off" the autosuggestions in a disciplined and controlled manner - formulate words inwardly (or audibly with your mouth), hear them inwardly (or with your ears) and absorb them audibly.

**What can I do wrong?** Changing the content of the autosuggestion frequently (to "improve" it) would be counterproductive - as would never repeating a session. *Repetition is the key.* And with your autosuggestions, you should really be absolutely sure that they are good for you!