

[Link to the web store](#)



Duration: 30 minutes

Eyes: closed

Headphones: only recommended

Incidentally, infants spend the majority of their waking hours in a theta state and are therefore constantly under hypnosis. They have the most direct access to their emotions - and learn very quickly.

What is so special about this program? Within a short time, this program manages to immerse the listener in a deep and relaxed theta state. In this hypnotic state, access to one's own subconscious is facilitated. The listener can question their inner child by talking to themselves or talking to a therapist. Hidden conflicts, damaging beliefs or emotional disturbances are uncovered so that they can be resolved later (after listening) using suitable means.

Who is it best suited for? Self-healers, but also therapists.

What does this program consist of? Isochronic beats together with spherical relaxation music.

The session begins at 14 Hz, leading you first to the alpha plateau of 10 Hz, and then into the theta sea at 6.5 Hz, from where, after a short stay, you return through the same plateaus back to the initial value of 14 Hz. The exit at 14 Hz (SMR range) ensures that the listener learns to induce this relaxation themselves at some point without outside help.

What to look out for when listening? You should be in a quiet, undisturbed environment, unavailable for 30 minutes. Please find a comfortable position: Armchair or recliner or bed.

When will the effect be felt? Halfway through the session you will already be deeply relaxed. The real work can begin here and now.

How often should I listen? Once or twice a day if it is acute. Otherwise as required.

What can I do wrong? Keep your eyes open, leave your cell phone on, don't close the door, allow disturbances.