

## Uplifting Affirmations, Volume 2



Do you want to feel vibrant, alive, and full of energy? Are you tired of feeling under the weather? Do you want to give your bodys natural defenses the help they need to keep you in tip-top condition? Use the power of your subconscious mind to help you to draw from the universe all the resources you need to become healthy, full of vitality, and to begin to heal your body. Your physical body is controlled by your mind, and by using the power of your subconscious mind, you will train yourself to use the bodys natural ability to begin healing from the inside out. Creative visualizations will enable you to go through each part of your body, encouraging healing energy to impart correct functioning of each organ, muscle, and bodily system. The quantum factor life-enhancement series of recordings uses powerful natural techniques to help you make profound changes in your life, enabling you to visualize, plan, and achieve the future you want. They work by tapping into the vast natural resources available to you in your own mind. All the information is absorbed into your sub-conscious mind, while you are in a relaxed and receptive state - without any effort whatsoever. This program uses four techniques to ensure the effectiveness and sustainability of the course: Visualization, Meditation, Hypnosis and Affirmation. Their easy acceptance into your sub-conscious is ensured by the use of background alpha rhythms, which help the brain achieve a relaxed but not unconscious state. You will be aware of things around you, while being in an ideal condition to learn and retain new information. There are also theta rhythms, which help the brain to relax into a state of reduced consciousness. All the titles in the series, if used as suggested, will help you to change your life in ways you never dreamed of - simply by reprogramming your own self-talk and self-perception in positive ways and

enabling you to achieve your full potential.

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