

Deeply Relaxing Sleep Hypnosis to Meet Your Inner Gu

author:



2026-07

Synopsis

Meet your inner guide in this deeply relaxing sleep hypnosis episode. Firstly, you'll be relaxed by an expanding light meditation that will clear all tension and stress and make you feel wonderful. Then you will meet your inner guide. Perhaps there's an issue in your life that you've been struggling with for a while. Ask your guide if he or she is willing to assist you. As you do, let go of preconceived ideas about what to do and allow your guide's answer to flow in. You may uncover truths or advice that you need to discover through sleep hypnosis and hypnotic suggestion. Please leave a 5-star review & SUBSCRIBE on Apple and Spotify. Sleep Cove Premium Become a Premium Member for Bonus Episodes & Ad-Free listening: Visit <https://www.sleepcove.com/support> and become a Premium Member. Get Instant Access and sign up in two taps. The Sleep Cove Premium Feed includes: - Access to over 400 Ad-free Episodes - Regular Exclusive Bonus Episodes - A Back Catalogue of Dozens of Exclusive Episodes - Full Audiobooks like Alice in Wonderland - Your name read out on the Show - Our Love! Get your 7-day free trial: <https://sleepcove.com/support> For Apple users, click the TRY FREE button for a 2-week free trial and become a Premium Member Today. Support our Sponsors: This episode of Sleep Cove is brought to you by BetterHelp. Give online therapy a try at betterhelp.com/sleepcove and get on your way to being your best self. Our Sister Shows: - Calm Cove - <https://link.ichtbl.com/bgSKfkbt> - Relaxing Music & Ambient Sounds - Mysteries at Midnight - Mystery Bedtime Stories - <https://link.ichtbl.com/skj6YFah> - Let's Begin - Daytime Meditations with wake sections at the end - <https://link.ichtbl.com/Z--DgSH4> - YouTube Bedtime Story Channel - <https://rb.gy/t7wyjk> - YouTube Sleep Hypnosis & Meditation Channel - <https://www.youtube.com/channel/UCIE6WJgPYRBtwVQ1qDBrbqw> Connect: - Join the Newsletter for a Bonus Meditation -

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