

Health and Well Being: Sleep Learning, Guided Self Hyp

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Synopsis

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This *Power Vitality and Wellness* sleep learning program was designed to assist the listener in gaining positive beliefs, behaviors, and attitudes related to increasing health and vitality as well as releasing emotions and thoughts that tend to undermine health.

Some say that we are the sum total of what we surround ourselves with. For example:

- What we choose to watch on television
- What we listen to on the radio
- Who we choose to surround ourselves with
- Even the thoughts we think

All of the above affect our overall perceptions and thought patterns. Just like the foods that we eat create our bodies over time, our thoughts shape who we are.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example a mother may sleep soundly through thunderstorms and barking dogs, yet the sound of her baby stirring in the next room will often instantly awaken her. Why not use this time to realize your potential?

Reader's comments

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