

# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: [www.theuniversewithinus.com](http://www.theuniversewithinus.com)

Clinical Hypnotherapy & Hypnosis by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

~ Exclusive Clinical Hypnotherapy & Hypnosis CD Range of Exceptional Quality Ensuring Positive Results ~

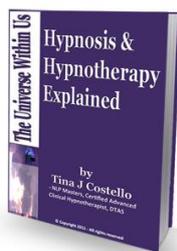
## Self-Confidence ~ Self-Love ~ Sleep© CD

For a limited time

**\$49.95** Plus P&H



Available in rich CD or mp3 format – you choose!



**WARNING:** Self-Love ~ Self-Confidence ~ Sleep©, NLP Hypnotherapy and Hypnosis recording contains brainwave tones. Do not listen to this recording if you suffer from epilepsy, fits or seizures, are photosensitive, pregnant, or under the influence of drugs or alcohol. **THIS RECORDING IS AVAILABLE WITHOUT THESE TONES UPON REQUEST.**

### POSTAGE

To keep the postage costs down for our internet customers, your CD will leave here in a CD detailed printed paper sleeve, packed snugly in a strong Australia Post CD Mailer, and travelling by standard local mail (\$2.50) or Air Mail (AU\$3.50).

### What Makes this CD so Special and Unique?

Well ... several things actually. This CD is very loving and beautiful. It runs for 72 minutes and is a **full NLP Hypnotherapy session** in three parts. The start of the session is a **hypnosis deep relaxation session setting the stage for sleep** – you are supposed to fall asleep listening to this CD. This continues on to the **NLP Hypnotherapy** component which is predominantly focused on **Self-Love**. During this section we go on a gentle journey and establish connections with **self-love, self-worth, and self-esteem**.

Even though **the experience is warm and nurturing**, it is **also extremely powerful and life changing**. These components equal 40 minutes of the recording, and are then blended seamlessly into the **sleep stage** which contains **121 Self-Esteem and Confidence Building subliminal messages** (echoed to 242) which can be very faintly heard but are not meant to be listened to. Your subconscious mind will do that for you as you sleep. This entire recording is backed by a **sublimely calm continuous soothing musical track**. When the NLP

Hypnotherapy Session does blend into the subliminal affirmation portion of the CD as you sleep, the soundtrack is then joined by the **SOFT** gentle rhythmic sounds of a **tropical beach at twilight**. Throughout the session **SOFT brainwave entrainment tones** help lull the mind to sleep. These are kept very soft so not to be the focal point. **This is truly a heavenly CD**. It really has to be experienced for you to be able to capture the true essence, beauty, warmth, and emotion.

One aspect that makes this recording so wonderful is that even though it is in our

'**ADULT**' range, it is also highly recommended for **TEENAGERS**. It is as **much soft and nurturing as it is strong and empowering** so both adults and teenagers alike benefit greatly. A lot of issues teenagers are going through these days are really not that dissimilar emotionally from we adults. When it gets down to tin tacks, **we all need strong self-love and healthy self-confidence to be able to function happily within our lives**.

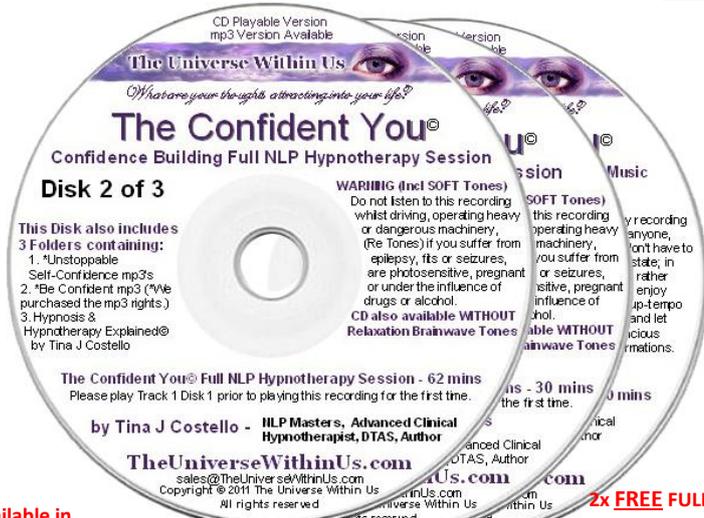
Another aspect which makes this recording so unique is that **YOU WILL BE ABLE TO DESIGN THE CD TO YOUR PERSONAL PREFERENCES**.

**\*Brainwave Entrainment Tones YES/NO**  
**\*Beach at Twilight OR Falling Rain**

You would be able to do this personally, so we are offering the same ability with this CD. Clients experiencing the horrors of the floods would not find falling rain very relaxing, and there are clients who have had bad experiences at sea who would not relax with this option. Brainwave Entrainment Tones match our actual brainwave tones as we fall asleep each night. Including them softly on this CD allows the listener to experience this transition easier for the benefit of the NLP Hypnotherapy session and sleep. With this CD the choice is yours. **If no preference is provided, you will receive SOFT brainwave entrainment tones and the SOFT sounds of the beach at twilight.**

A full **exclusive** CD range of **NLP Hypnotherapy Sessions** available include **I Now Choose to Live Smoke Free** (4 CD's) **The Confident You** (3 CD's) & **The Slimmer You** which now includes **Gastric Lap Band Hypnosis Surgery** (4 CD System) & **MANY MORE!** For information please email [sales@TheUniverseWithinUs.com](mailto:sales@TheUniverseWithinUs.com) **Limited Worldwide Skype Private NLP Hypnotherapy Sessions** available. Please email us to see if you qualify.

Here are some other titles included in our **EXCLUSIVE** Clinical Hypnotherapy CD Range



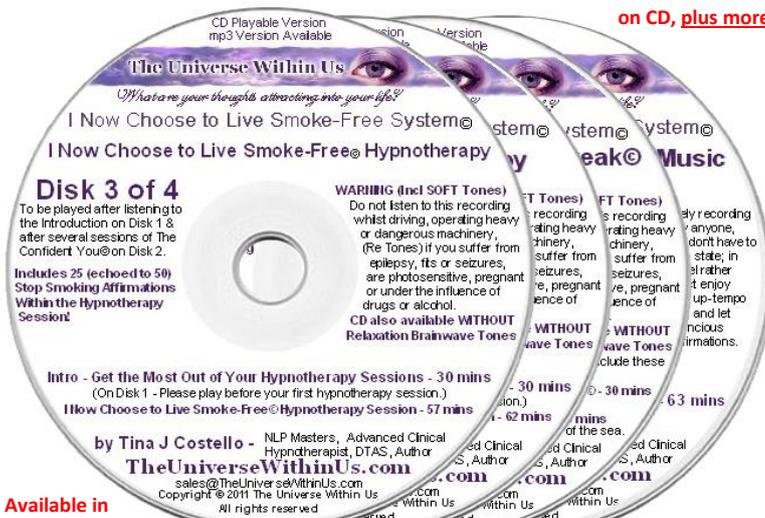
Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



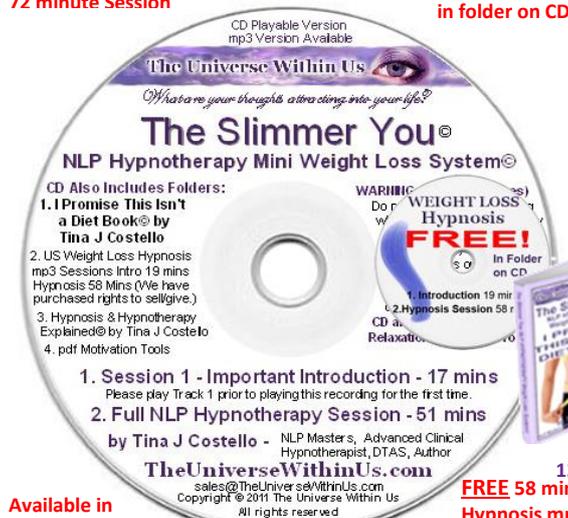
Available in CD or mp3 format 72 minute Session

Now includes FREE 44 min Hypnosis mp3 in folder on CD!



Available in CD or mp3 format

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Available in CD or mp3 format

120 Pages! FREE 58 min Hypnosis mp3 included plus more!

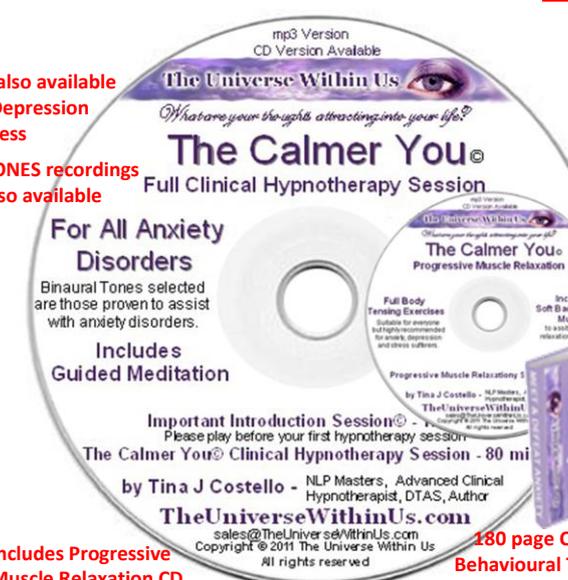


Available in CD or mp3 format

FREE Beethoven's Music Box

Sets also available for Depression & Stress

NO TONES recordings are also available



Includes Progressive Muscle Relaxation CD

180 page Cognitive Behavioural Therapy Self-Help Workbook

These quality Clinical Hypnotherapy CD's are usually reserved for Tina J Costello's private practice clients and will only be available to the general public at these special prices for **a limited time**. Other CD's in her range will be released soon. **Please check back regularly.** [www.TheUniverseWithinUs.com/The\\_Confident\\_You\\_3\\_CD\\_Hypnotherapy\\_Pack\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Confident_You_3_CD_Hypnotherapy_Pack_Flyer.pdf) [www.TheUniverseWithinUs.com/Self-Love\\_Self-Confidence\\_Sleep\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/Self-Love_Self-Confidence_Sleep_Flyer.pdf) [www.TheUniverseWithinUs.com/I\\_Now\\_Chose\\_to\\_Live\\_Smoke-Free\\_System\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/I_Now_Chose_to_Live_Smoke-Free_System_Flyer.pdf) [www.TheUniverseWithinUs.com/The\\_Slimmer\\_You\\_NLP\\_Hypnotherapy\\_Mini\\_Weight\\_Loss\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Slimmer_You_NLP_Hypnotherapy_Mini_Weight_Loss_Flyer.pdf) [www.TheUniverseWithinUs.com/The\\_Calmer\\_You\\_Anxiety\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Calmer_You_Anxiety_Flyer.pdf) [www.TheUniverseWithinUs.com/Classical\\_Baby\\_Sleeps\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/Classical_Baby_Sleeps_Flyer.pdf)

For more Information please view the Flyers to share, go to the website below, or email us for special pricing updates – which can be available – with the name of the specific recording in the subject line. **Flyer 'Special Prices' are at time of printing and may change without notice.**