



Theta CHI - Audio Notes

Dear Theta CHI friends!

A few notes on the audios of your Remote CHI sleep program:

- ▶ have it running in the background at a barely audible level, you don't have to be able to hear it consciously – this way your subconscious will best receive all the messages.
- ▶ don't worry if you sleep less than the running time of the program: the main messages and programming happen in the first 4 hours – the extra hours are an added bonus
- ▶ for some parts of the program you will only hear "white noise" and a kind of whisper in the background. This is not a "mistake" but a powerful way of programming your subconscious mind, it is what is called "subliminal programming". The white or pink noise helps your brainwaves relax and the underlying suggestions go directly into your subconscious mind (they are even spoken 3 times as fast as normal and your subconscious can still easily decipher them).
- ▶ if you share your bedroom: your partner (in human body or your pet ;)) will only benefit from also receiving the programming during the night. Your child, your baby... can listen too, no harm will be done. Quite the opposite, they will benefit from it too.
- ▶ the daytime audio is a one hour bonus to strengthen the positive programming and affirmations you received in your sleep. You can listen to it completely or just to half an hour.

We do not want you to sell this program, we invested a lot of time to produce it for you. Please respect our copyright.