

Special Listening Instructions For Morry Zelcovitch Advanced Subliminal Recordings

DO NOT LISTEN WITH HEADPHONES...

Play in the background over speakers and go about your daily/nightly activities

DO NOT LISTEN AT A LOUD VOLUME

- If you can barely hear it, then its loud enough. You may want to make sure that small animals (particularly dogs and cats) are not present while playing these recordings)

Affirmations used in Anti Stress and Tension Subliminal recording

I am calm now

I am completely relaxed

I am happy now

I am in control of my life

I am stress free now

I embrace today happily

I make good decisions

I relax instantly

I release all worries

I think happy thoughts