

THE SOBRIETY MEDITATION

A Free Program For Recovery Featuring Brain Wave Entrainment

ATTENTION: You must have the proper equipment in order to listen with headphones in a laying position so you might need a headphone extension cord. Use with headphones with a freq. response of 20 Hz-20 kHz or greater so as to have a good listening experience. Carefully read all of the instructions then find a place to lay down and listen to the audio, about 20 minutes.

A meditation for sobriety, prepare to enter a very deep theta brain wave state...

In this meditation you the listener will lay down on a bed, relax, close your eyes and be guided through about 20 minutes of affirmations and brain wave entrainment (7 Hz theta only), while performing a breathing technique for relaxation. While saying the affirmations along with the spoken audio remember to breathe in directly after saying "so it is" then briefly hold your breath, then while saying "let go" simply breathe out and let your whole body go limp and just relax. When you are done you can readjust yourself as the effect may be pronounced and enjoy your sobriety progress. Practice this meditation with the entrainment 7 days per week then take a week off the entrainment and then repeat and on your off days be sure to perform the meditation from memory with out the entrainment. Maintain this schedule for 2-4 months. This meditation makes sobriety much, much more natural and instinctive, giving you an easier time in your own recovery from addiction. You will in essence program your mind for the intended result of sobriety. So look forward to it. For maximum results and if you enjoy the benefits you are already receiving it is advised to participate in THE PRO-SOBER PROGRAM, as this technique is only part of it and is offered as an introduction.

It is recommended to read this list out loud about ten times right now so as to memorize the affirmations. Affirmations included in this meditation:

I have done every thing necessary to be sober right now. So it is. Let go.
I choose to be sober right now. So it is. Let go.
I am sober right now. So it is. Let go.
I am comfortable with being sober. So it is. Let go.
I am always sober. So it is. Let go.
I always enjoy being sober. So it is. Let go.
Being sober feels great. So it is. Let go.
I only keep company with sober people. So it is. Let go.

WARNING: This audio is to be listened to once a day for one week only then take a week off and repeat. For your own safety do NOT overuse and do not use while or within one hour of driving any vehicles or operating any heavy equipment. This product may be integrated with the abuse prevention materials as well.

O.K. now you have a free and very effective meditation program that you can use right now.

Take it easy,
Douglas Bodaczewski
Addiction Expert and Founder