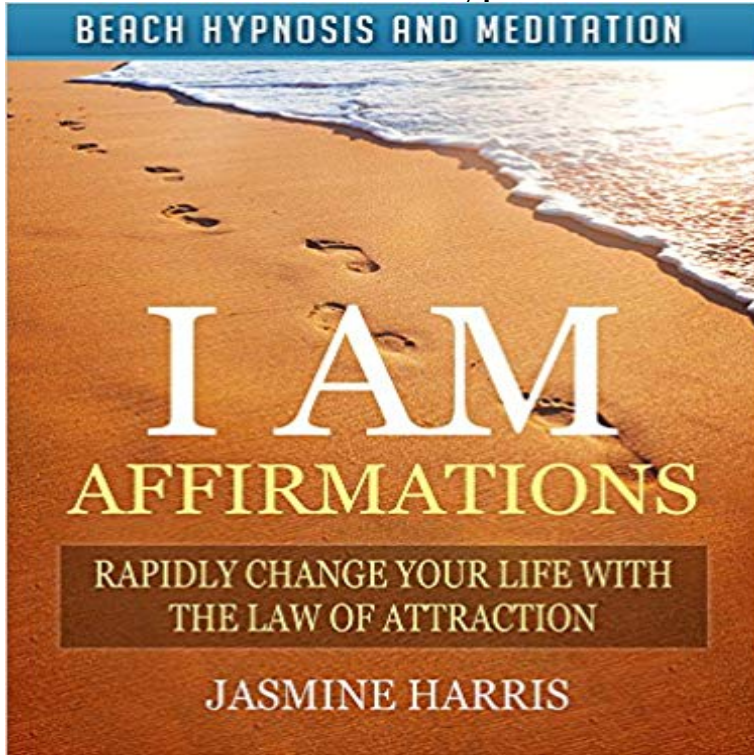


# I AM Affirmations: Rapidly Change Your Life with the Law of Attraction via Beach Hypnosis and Meditation



This is the SCRIPT version of the audiobook. The audiobook version is highly recommended for the full effect. This audiobook contains 20 to 30 minutes of positive affirmations designed to rapidly change your life and elevate your vibration. It is a part of the Beach Hypnosis and Meditation Series. The beach is the most effective place to induce a mindful and relaxed state of mind. Research has indicated the sound of water has a calming effect on the brain, leading to increased mindfulness, deep relaxation and a feeling of being one with the universe. These healing properties occur even when just the sound of water is present. This audiobook includes 7 different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session. This audiobook includes the following 7 beach settings: 1. Serenity on the Beach 2. Lakefront Home Private Shore 3. Quiet Reflection on the Beach 4. Gulf of Mexico Ocean Waves 5. Crashing Waves on Cliff 6. Ambient Oasis 7. Ocean Waves Crashing on Rocks These affirmations can be listened to during any part of the day or evening. They can even be listened to during sleep for your subconscious to take in.

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