

The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: www.theuniversewithinus.com

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS www.TheUniverseWithinUs.com

For a limited time only
\$24.95 Plus P&H



Christmas Baby Sleeps® Pack

Containing Mother's Heartbeat & Sounds from the Womb, Christmas Carols & the Calming Ocean

Christmas Baby Sleeps® and Christmas Baby Plays® are **EXCLUSIVE** to TheUniverseWithinUs.com and are delivered in **CD AND mp3** format on a **single disk**. This way you will easily be able to play them on all players. When you pop the CD into your CD player it will automatically start to play **Christmas Baby Sleeps®** followed by **Christmas Baby Plays®**. It is recommended that you choose the required selection according to the situation Baby will be experiencing, and then set it to repeat. It is also recommended that you play **Christmas Baby Sleeps®** (or **Classical Baby Sleeps®**) at **EVERY** nap time. This way Baby will fall asleep quickly and easily knowing exactly what they are going to experience. It won't be long until Baby associates the beginning of the recording with sleep and dozes off within a few minutes. **Christmas Baby Sleeps®** is the perfect partner for bestselling **Classical Baby Sleeps®** as they are both produced using the same successful formula.

which you can make this video available for your children to enjoy. It has been produced in a format suitable for the majority of iPads and mobile devices. We have also included a lovely **'Twas the Night Before Christmas Colouring Book** to print as another **GIFT** to keep them happily busy during the Christmas season. These drawings make wonderful and personal wrapping paper for Christmas gifts the children will be giving, and will thrill both the giver and receiver!

The final of our **FREE GIFTS** is our **Sing-Along Christmas Carol eBook** which contains 41 favourite Christmas carols, including those featured on **Christmas Baby Sleeps®** and **Christmas Baby Plays®**.

All of our **FREE GIFTS** will be discovered in folders on your **Christmas Baby Sleeps®** CD, as will the mp3 versions of **Christmas Baby Sleeps®** and **Christmas Baby Plays®** and **'Twas the Night Before Christmas**.

ABOUT Christmas Baby Sleeps®

We have handpicked the Christmas carols for the simplicity of their slow and steady rhythm and have produced them in a basic format which is easy for Baby to enjoy. There are no big orchestra productions here, as these are to assist baby to relax. As with any relaxation recording, repetition and continuity play a vital role. With this in mind, we have extended the duration of each carol before it blends easily into the next. Extended versions ensure a lulling affect, and the carols we have selected include: Away in a Manger, Still Still Still, The Holly



This is how the CD will look when it arrives.



A FREE GIFT – Christmas Baby Plays® will be included on our Christmas Baby Sleeps® CD. As the simple, sweet, Music Box-like tones play the Christmas carols, Baby will happily welcome its bath or playtime. Contentedly hearing the gentle heartbeat and familiar sounds from the womb; feeling safe, relaxed, and happy.



You will receive both the **audio AND** the **video** productions of this timeless classic reading in **CD & mp3**.

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GUARENTEED!

Yes. **Christmas Baby Sleeps®** and **Classical Baby Sleeps®** come with a money-back guarantee. If you use them **EVERY** nap time, and your baby's sleep patterns don't change within 21 days, we will happily refund your purchase price. It takes 21 days for a new habit to be formed in an adult, but this can be much shorter for babies and infants, as they will be repeating this process several times a day.

Our guarantee is based on your commitment to ensure this continuity. Do this, and your entire family will thank you as they sleep peacefully as well, and calm will return to your home.

POSTAGE

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and the Ivy, Coventry Carol, Lo, How a Rose E'er Blooming, Ave Maria, and finish with the beautiful lullaby, All Through the Night. Some may argue that All Through the Night is not always selected as a traditional Christmas carol – though frequently used. As it was forgotten on **Classical Baby Sleeps®** we are confident Baby will thoroughly enjoy it on **Christmas Baby Sleeps®**.

Because of the inclusion of a mother's heartbeat within **Christmas Baby Sleeps®** you will discover that it is one continuous 31 minute track of the Christmas carols. Stopping the heartbeat between tracks would obviously stress baby. The ambient sounds from the womb and the rhythm of the ocean are also continued throughout.

Some details of the other components of **Christmas Baby Sleeps®** include:

White Noise of the Waves at the Beach

Layered over the music is the relaxing sound of waves caressing the beach in the evening while the birds, crickets, etc sleepily great them in preparation for the night's rest.

Mother's Heartbeat and Sounds Your Baby Heard in the Womb

The final touch to this beautiful recording is the subtle sound of a mother's heartbeat as heard from the womb, along with the gentle slurry of noises your baby would have heard during the 9 months it safely rested and grew within.

We have mixed this portion of the recording at a lower level so it doesn't conflict with the beats in the Christmas

carols, but it's still heard. You might find it difficult to distinguish the sounds from the womb as your conscious memory has faded, but Baby will recognise them instantly.

Scientists once believed that the womb was silent, but this couldn't be further than the truth. We now know that the womb is actually awash with sound: the noises from mother's own body—the beating of her heart, the hum of blood pumping through her arteries and placenta, the flow of air in and out of her lungs, and her voice; and then there is the outside noise that filters to Baby through the abdominal wall and the amniotic fluid. Altogether it makes a combined sound of the heart beating, and a sort of slushy sound of moving liquid.

The most important reaction will come from your baby who will relax almost immediately and return to its memories of sleeping safely within the womb.

Christmas Baby Plays® has the same components and formula as **Christmas Baby Sleeps®**. The obvious difference is the tempo of the Christmas carols we have selected. This 10 minute continuous recording will have you and baby laughing and playing in no time. It will be impossible not to smile!

*****We often offer specials** when our **Christmas Baby Sleeps® Pack** and **Classical Baby Sleeps®** with **Beethoven's Music Box®** are purchased together. Please email us with "**Christmas Baby Sleeps®**" in the subject line for a price.

The perfect partner for **Classical Baby Sleeps®** or **Sleep Baby Sleeps®**: www.TheUniverseWithinUs.com

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Classical Baby Sleeps® Containing Mother's Heartbeat & Sounds from the Womb, Classical Music & the Calming Ocean

ALSO
AVAILABLE

** Please remember that this CD has been exclusively created for Baby's ears. What might sound a bit confusing to you is comforting for Baby as these are the sounds they remember from the womb.**



This is how the CD will look when it arrives.



A FREE GIFT -Beethoven's Music Box® will be included on Classical Baby Sleeps®. As the Music Box plays its sweet, clear chimes, you will hear the clean rain gently fall and the sounds of nature welcoming its bath. Baby will also contentedly hear the gentle heartbeat and familiar sounds from the womb; feeling safe, relaxed, and happy.

Classical Baby Sleeps® and **Beethoven's Music Box®** are **EXCLUSIVE** to **TheUniverseWithinUs.com** and are available in **CD** or **mp3** format – you choose. These two recordings have been merged into a continuous 59 minute track, and a continuous 10 minute track. We have done this to retain the continuity of the mother's heartbeat throughout for the comfort of the baby. We recommend you set your CD player to 'repeat' for **Classical Baby Sleeps®** to begin with. It won't be long until Baby associates the beginning of the recording with sleep and dozes off within a few minutes. To achieve the quickest results, we recommend you play **Classical Baby Sleeps®** at every nap time.

The components of **Classical Baby Sleeps®**

1. Classical Piano Music by leading composers. Our computer generated piano has the same beautiful tones as a real piano. The selection of pieces has been chosen for their tones with relation to the ability to relax the mind and have been arranged within the recording at specific places. Each piece gets deeper and slower as the recording plays through to achieve the desired result.

2. White Noise of the Waves at the Beach. Layered over the music is the relaxing sound of waves caressing the beach in the evening while the birds, crickets, etc sleepily greet them in preparation for the nights rest.

3. Mother's Heartbeat and Sounds Your Baby Heard in the Womb. The final touch to this beautiful recording is the subtle

sound of a mother's heartbeat as heard from the womb, along with the gentle slurry of noises your baby would have heard during the 9 months it safely rested and grew within.

The components of **Beethoven's Music Box®**

1. A Classical Music Selection composed by Beethoven recorded in Music Box tones. Our selections here were for brighter tunes to encourage Baby to become alert, focused, and ready to learn new things. 10 minutes is a perfect duration to play this recording during bath time, change time, or brief play times. Baby will remain relaxed and happy while discovering their new surroundings.

2. White Noise of Gentle Rain. Layered over the music is the sound of rain gently falling while singing birds welcome nature's own bath time.

3. Mother's Heartbeat and Sounds Your Baby Heard in the Womb. The final touch to this beautiful recording is again the subtle sound of a mother's heartbeat as heard from the womb, along with the gentle slurry of noises your baby would have heard during the 9 months it safely rested and grew within.

The CLASSICAL Music

It has long been known about the positive affect classical music has on the human brain; how classical music does help babies / children / mums / dads / wives /

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Classical Baby Sleeps®

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GUARENTEED!

Yes. **Classical Baby Sleeps®** comes with a money-back guarantee. If you use **Classical Baby Sleeps®** EVERY nap time, and your baby's sleep patterns don't change within 21 days, we will happily refund your purchase price. It takes 21 days for a new habit to be formed in an adult, but this can be much shorter for babies and infants, as they will be repeating this process several times a day.

Our guarantee is based on your commitment to ensure this continuity. Do this, and your entire family will thank you as they sleep peacefully as well, and calm will return to your home.

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husbands etc fall asleep. We have taken special care choosing the music for this CD, and that is because of two main reasons.

Firstly, choosing a piano (and not a full orchestra) we are able to simplify what is heard, and have more control over the tones themselves. As for the classical pieces chosen ... you won't find any stressful 'Attack of the Bumble Bee' or fast 'Sugarplum Fairy' here. Our songs take you from a relaxing place and then slow down further and get deeper in tones gradually rocking you to sleep. We have been selective in our songs and their placement in this CD. Having said that, the inspirational composers we selected our music list from for this CD are: Chopin, Beethoven, Brahms, Schumann, Liszt, Faure, Debussy, and Liadov.

The SOUNDS OF THE SEA and NATURE

Another reason for keeping the recording as a long single track is so there would be no break in the sounds of the sea, and the sounds from the womb.

There's nothing like the sounds of the gentle ebb and flow of ocean waves rhythmically lapping against the shore to lull babies to sleep. Add the cooing of tropical birds and other night creatures waking up to start their own day, and it is relaxation heaven. The volume has been recorded as equal to that of the piano in the classical music, so the baby can decide for themselves which of the piano, or ocean, will be the white noise.

The Sounds of MOTHER'S HEARTBEAT and the Sounds from the WOMB

We have mixed this portion of the recording at a lower level so it doesn't conflict with the beats in the classical music, but is still heard. You might find it difficult to distinguish the sounds from the womb as your conscious memory has faded, but Baby will recognize them instantly.

Scientists once believed that the womb was silent, but this couldn't be further that the truth. We now know that the womb is actually awash with sound: the noises from mother's own body—the beating of her heart, the hum of blood pumping through her arteries and placenta, the flow of air in and out of her lungs, and her voice; and then there is the outside noise that filters to Baby through the abdominal wall and the amniotic fluid. Altogether it makes a combined sound of the heart beating, and a sort of slushy sound of moving liquid.

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Sleep Baby Sleep Music Box® Containing Mother's Heartbeat & Familiar Sounds Baby will remember from the Womb

ALSO
AVAILABLE



This is how the CD will look when it arrives.

Each especially selected lullaby becomes slower and slightly deeper in tone than its predecessor to encourage Baby to fall into a relaxed and natural sleep.

Some of the songs included are: Rock a Bye Baby; Are You Sleeping Brother John?; Did You Ever See a Lassie?; A-Tisket A-Tasket; Cockles & Mussels; Twinkle Twinkle Little Star; This Old Man; Mary Had a Little Lamb; Bye Baby Bunting ... AND MORE!



A FREE GIFT -Beethoven's Music Box® will be included on Sleep Baby Sleep Music Box® CD as Track 2. As the Music Box plays it sweet, clear chimes, you will hear the clean rain gently fall and the sounds of nature welcoming its bath. Baby will also contentedly hear the gentle heartbeat and familiar sounds from the womb; feeling safe, relaxed, and happy.

Sleep Baby Sleep Music Box® and Beethoven's Music Box® are EXCLUSIVE to TheUniverseWithinUs.com and are available in CD & mp3 format – on the same disk totaling 1 hour and 20 minutes. You can play the CD versions while at home and the mp3 versions while out.

These two recordings have been merged into a continuous 30 minute track, and a continuous 10 minute track. We have done this to retain the continuity of the mother's heartbeat throughout for the comfort of the baby. We recommend you set your CD player to 'repeat' for **Sleep Baby Sleep Music Box®** to begin with. It won't be long until Baby associates the beginning of the recording with sleep and dozes off within a few minutes. To achieve the quickest results, we recommend you play **Sleep Baby Sleep Music Box®** at every nap time.

What makes our recording unique?

It is proven that continuity is paramount for any relaxation session and this is even more important for babies. This is why we have NOT created a recording of dozens of short lullabies and nursery rhymes with various rhythms and beats. Really, the actual songs are only for the parents. Your baby doesn't know one song from another yet. What makes lullabies successful is their simplicity and basic format. They slow down babies breathing and heartbeat relaxing them.

It is also not important for these tunes to be in full orchestra - again, this is for the enjoyment of the parents. The majority of lullabies were written for one instrument. This is because babies prefer them this

way. Simple music boxes have been encouraging babies into restful sleep for hundreds of years. We did not see the point of altering such a successful formula for this CD.

What we have done is take it to the next level. What you will discover on **our Sleep Baby Sleep Music Box®** recording are **especially selected lullabies** in slightly extended versions - to offer the continuity - and **each lullaby becomes slower and slightly deeper in tone than its predecessor**. The tones used, and the rhythm, are very important in the relaxation process. Not only does this work wonderfully well with babies, but also with production teams - people were nodding off everywhere while producing this CD! This is another reason why we warn you **NOT to play this recording while driving**.

Sleep Baby Sleep Music Box® was produced by **Tina J Costello** who, among other things, is a qualified advanced clinical hypnotherapist. Relaxation is her business and she seamlessly brings this expertise across to her baby range of recordings. She was a pioneer in incorporating a mother's heartbeat, and sounds from the womb, into her recordings. **Others who use this format now would have initially discovered the concept via her recordings.**

The SOUNDS OF Mother's Heartbeat and the Sounds of the Womb

Having no breaks between each track allows for the heartbeats to never miss a

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Our guarantee is based on your commitment to ensure this continuity. Do this, and your entire family will thank you as they sleep peacefully as well, and calm will return to your home.



Also available in our **Baby CD Range** is our **BEST SELLING Classical Baby Sleeps** which contains specifically selected classical **Piano Music by leading composers**; **White Noise of the Waves at the Beach**; and **Mother's Heartbeat with Sounds Your Baby will Remember from the Womb**. You will discover the full information on our website or you can email us for a flyer.

Sleep Baby Sleep Music Box[®] Containing Mother's Heartbeat & Familiar Sounds Baby will remember from the Womb

beat throughout the entire 30 minute recording.

Scientists once believed that the womb was silent, but this couldn't be further than the truth. We now know that the womb is actually awash with sound: the noises from mother's own body—the beating of her heart, the hum of blood pumping through her arteries and placenta, the flow of air in and out of her lungs, and her voice; and then there is the outside noise that filters through to Baby through the abdominal wall and the amniotic fluid. Altogether it makes a combined sound of the heart beating, and a sort of slushy sound of moving liquid. We sort of liken it to getting water in our ears while swimming. It is not 'exactly' like that, and we guess it could sound differently to different people.

The most important reaction will come from your baby who spent nine wonderfully safe and relaxed months listening to the sounds inside the womb. These sounds are the icing on the cake for babies. They will relax almost immediately when hearing it and return to its memories of safety within the womb.

FREE Beethoven's Music Box[®] for Bath Time Play

The components of **Beethoven's Music Box**

1. A Classical Music Selection composed by Beethoven recorded in Music Box tones. Our selections here were for brighter tunes to encourage Baby to

become alert, focused, and ready to learn new things. 10 minutes is a perfect duration to play this recording during bath time, change time, or brief play times. Baby will remain relaxed and happy while discovering their new surroundings.

2. White Noise of Gentle Rain. Layered over the music is the sound of rain gently falling while singing birds welcome nature's own bath time.

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