

# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: <http://www.theuniversewithinus.com>

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

~ Exclusive NLP Clinical Hypnotherapy & Hypnosis CD Range of Exceptional Quality Ensuring Positive Results ~

## The Relaxed You® Clinical Hypnotherapy

For a limited time only

**\$24.95** Plus P&H  
50% Off RRP \$50

Available as CD or mp3 Disc  
– YOU CHOOSE!



### ... Relaxation® What's in your Pack?

From our **The Relaxed You® Clinical Hypnotherapy** range

#### What Makes The Relaxed You Series® Different?

**The Relaxed You Series®** has been especially created to marry several sessions together based on the common theme and 'relaxation'. When we are relaxed we are able to make real and lasting changes in our lives. Tina does not present structured Hypnotherapy sessions in this Series but allows the gentle combination of **Progressive Muscle Relaxation Exercises** and relaxing **Subliminal messages** to achieve the desired results.

**Track 1 - All Important Introduction®** by **Tina J Costello** This consists of a 17 minute introduction session which should be played prior to your first Hypnotherapy session with Tina. It covers what to expect within your **Clinical Hypnotherapy** sessions so you can relax fully and receive the greatest benefit.

**Track 2 - The Relaxed You Progressive Muscle Relaxation Session®** by **Tina J Costello** (full details below) consists of a 17 minute session of full body muscle tensing and releasing exercises. Progressive muscle relaxation is a wonderful experience for anybody as part of their general health and is extremely beneficial in stress management. These exercises are backed by very SOFT relaxing background music.

\*\*\***The Relaxed You Progressive Muscle Relaxation® eBook** by

**Tina J Costello** is also included in this Pack. This book provides the reader with additional information with regards to **Progressive Muscle Relaxation Exercises** and breathing techniques like **Calm Breathing** and **Breathing from Your Diaphragm** as well as many other interesting exercises. Tina felt that there was a need for a book like this to accompany the physical **Progressive Muscle Relaxation Session®** and we are sure you will discover the benefit as well. You will discover this pdf eBook when you put the CD into your computer and look at the files the CD contains.

**Track 3 - The Relaxed You Subliminal Sleep Session®** by **Tina J Costello** (full details below) consists of a relaxing 15 minute session – which can be set to repeat on your CD or mp3 player. **The Relaxed You Series®** covers several hypnosis topics. Each of the series comes with its associated **The Relaxed You Subliminal Sleep Session®**. The Relaxed You Subliminal Sleep Session® for this CD focuses on Relaxation Subliminal Messages. Unlike many of her other Subliminal and Affirmation recordings where you can faintly hear the Subliminal Messages, this recording has them recorded in a level which makes them inaudible. This makes this series perfect for people who dislike the faint sound of words behind the relaxing music. As the subconscious mind will hear what the conscious mind might not, these recordings are no less powerful.

**Track 4 -** We have also included as our **gift** one of the better Relaxation Hypnosis Sessions out from the US. In **The Relaxed**

# The Universe Within Us



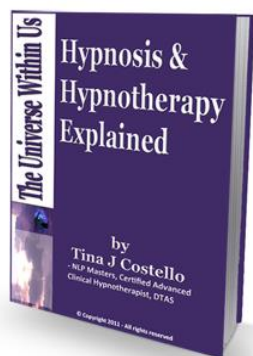
Full Clinical Hypnotherapy CD Range Information is available via: <http://www.theuniversewithinus.com>

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

~ Exclusive NLP Clinical Hypnotherapy & Hypnosis CD Range of Exceptional Quality Ensuring Positive Results ~

## The Relaxed You® Clinical Hypnotherapy

### ... Relaxation® What's in your Pack?



**FREE GIFT** This eBook is also located on the CD



In Folder on Disc  
**OR** Track 4

### POSTAGE

To keep the postage costs down for our internet customers, your CD's will leave here in CD detailed printed paper sleeves, packed snugly in a strong Australia Post CD Mailer, and travelling by standard local mail (\$2.50) or Air Mail (AU\$5.50).

**You Series®** we have made a point of matching the subject of the hypnosis **FREE GIFT** to the subject of our **The Relaxed You Subliminal Sleep Session®**. This provides even more continuity throughout each of the Series. Clearly a qualified professional, this practitioner offers a very good session. So good, in fact, that these mp3 recordings are being sold online at a full retail price. We bought the master reselling rights to this recording for the specific purpose of giving it away as a **FREE GIFT**. No. The MRR don't come with this gift but the MRR specify that they are sold (or given) without charge, so please forgive the odd crackle in the recordings as this couldn't be removed without altering the contents.

### About The Relaxed You Progressive Muscle Relaxation Session®

Here Tina provides the steps for **Progressive Muscle Relaxation** which are essential components in reducing physical and mental stress. They are actually heaven for anyone to experience. Whereas these are very easy to complete on your own, it is much nicer if the experience is lead for you. At the beginning of the recording Tina uses deep breathing methods (which is slower and deeper than Calm Breathing) to assist in your relaxation process before moving into the progressive muscle tensing exercises. Backed by soothing soft background music, this is truly a wonderful experience.

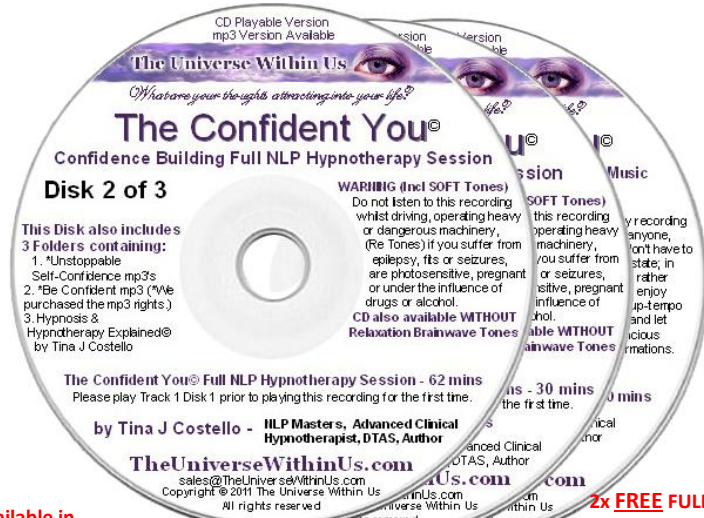
### About The Relaxed You Subliminal Sleep Session®

As previously mentioned, **The Relaxed You®** is a Series. It is only with this last component where there is a real change. Each set in the Series focuses on an individual hypnotherapy subject. This alters the Subliminal Messages recorded behind the music in this recording. The other special factor of these recordings is that the Subliminal Messages are inaudible making them more enjoyable for those who don't like to hear the faint speaking behind their relaxation recordings. Tina's clients have really enjoyed these recordings and as they are a 15 minute duration they are easy to slot into any time of the day and not just utilised at night. The music has been especially chosen to slow the body down into a deep relaxed state and there is no farewell at the end of the recording. This is good for people who just want to fall asleep, but also good for those who want to set the track to repeat and have a 30 minute - or longer - session. Needless-to-say, they have to set an alarm to arouse them when they want to continue with their day feeling fully relaxed.

A full exclusive CD range of Clinical Hypnotherapy Sessions available include: **I Now Choose to Live Smoke Free** (4 CD's) **The Confident You** (3 CD's) **Self-Love ~ Self-Confidence ~ Sleep CD**, **The Slimmer You** which now includes Gastric Lap Band Hypnosis Surgery (4 CD System) & MORE! **Limited Worldwide Skype Private Clinical Hypnotherapy or Cognitive Behavioral Therapy Sessions are now available with Tina J Costello. Please email us to see if you qualify with "Skype Sessions" as subject.**

Full Clinical Hypnotherapy CD range information is available via: <http://www.theuniversewithinus.com>

Here are some other titles included in our **EXCLUSIVE** Clinical Hypnotherapy CD Range



Available in CD or mp3 format

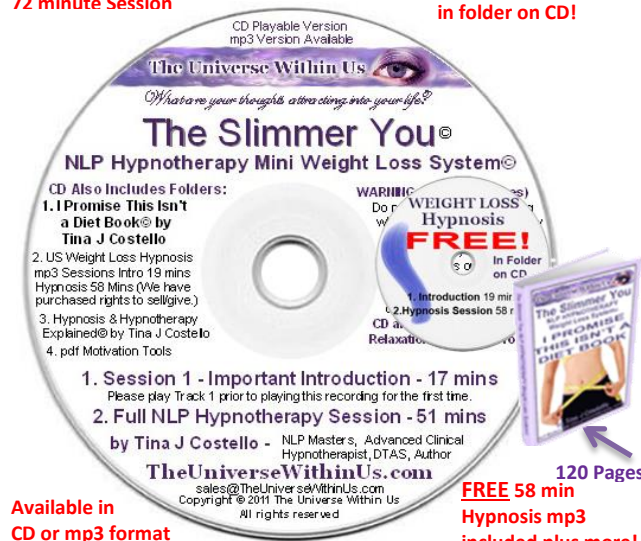


Available in CD or mp3 format 72 minute Session

Now includes **FREE** 44 min Hypnosis mp3 in folder on CD!



Available in CD or mp3 format



Available in CD or mp3 format

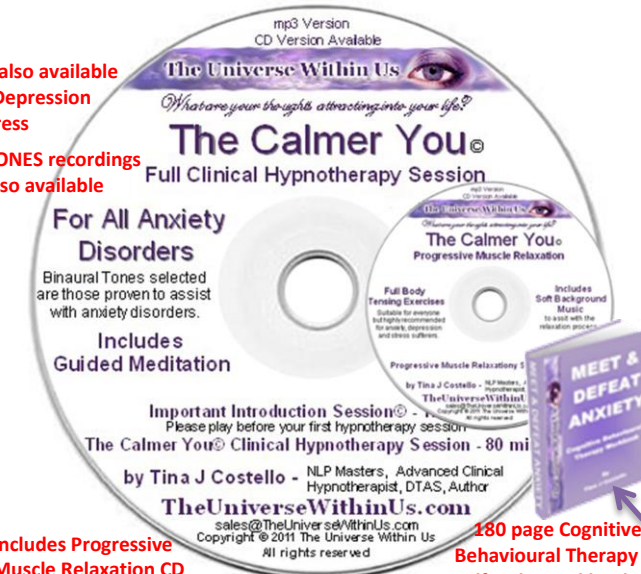
**FREE** 58 min Hypnosis mp3 included **plus more!**



Available in CD or mp3 format

2x **FREE** FULL Hypnosis mp3's included in folder on CD, **plus more!**

Sets also available for Depression & Stress  
**NO TONES** recordings are also available



Includes Progressive Muscle Relaxation CD

180 page Cognitive Behavioural Therapy Self-Help Workbook

These quality Clinical Hypnotherapy CD's are usually reserved for Tina J Costello's private practice clients and will only be available to the general public at these special prices for **a limited time**. Other CD's in her range will be released soon. **Please check back regularly.**  
[www.TheUniverseWithinUs.com/The\\_Confident\\_You\\_3\\_CD\\_Hypnotherapy\\_Pack\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Confident_You_3_CD_Hypnotherapy_Pack_Flyer.pdf)  
[www.TheUniverseWithinUs.com/Self-Love\\_Self-Confidence\\_Sleep\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/Self-Love_Self-Confidence_Sleep_Flyer.pdf)  
[www.TheUniverseWithinUs.com/I\\_Now\\_Chose\\_to\\_Live\\_Smoke-Free\\_System\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/I_Now_Chose_to_Live_Smoke-Free_System_Flyer.pdf)  
[www.TheUniverseWithinUs.com/The\\_Slimmer\\_You\\_NLP\\_Hypnotherapy\\_Mini\\_Weight\\_Loss\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Slimmer_You_NLP_Hypnotherapy_Mini_Weight_Loss_Flyer.pdf)  
[www.TheUniverseWithinUs.com/The\\_Calmer\\_You\\_Anxiety\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Calmer_You_Anxiety_Flyer.pdf)  
[www.TheUniverseWithinUs.com/Classical\\_Baby\\_Sleeps\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/Classical_Baby_Sleeps_Flyer.pdf)