

Welcome back to the Genius Wave. I always love seeing you.

Listen to this sound frequency often and you will enhance the power of your incredible mind.

When you are ready, either sit or lie in a position that is comfortable for you and take a deep breath in... fill your lungs with air and... exhale...

Really feel your feet or back in contact with the surface beneath you..

Feel supported and safe and know that you can fully let go now...

Take another deep breath in and tense your whole body as tightly as you can hold for five.. four.. three... two... one... and release.

Breathe deeply in again and tense your whole body hold for five... four... three... two... one and... release.

And last time, breathe deeply in and tense your whole body hold for five... four... three... two... one and... release.

Take a moment to feel your center and... enjoy a sense of stillness within you.

As you lie or sit where you are, allow the music to relax each muscle in your body...

There is nothing you “have” to do now..

The special frequencies are already activating your Theta Wave so notice how good it feels to just relax and know that you are being taken care of...

I'll give you a few moments...

5 MINS OF JUST THE AUDIO

With each listen, you are nourishing your mind with what it needs..

Allowing it to sift and sort for you..

And bubble up with insights and solutions that transform your life..

Feel the calm elation of knowing what you seek is already coming to you..

You can now let go and trust..

As the Genius Wave draws to a close, take a moment to feel gratitude for all the wonderful things in your life... and all the wonderful things now being realized into your life..

When you are ready, become fully present in your body and open your eyes knowing you are fully supported...