

Thank you for your support and commitment to your healing journey.

# Deep Sleep <sup>3</sup> Program

## REWIRE YOUR MIND PAIN RELIEF HYPNOSIS

### HOW TO USE THIS PROGRAM

This pain relief program is flexible and can be tailored to your needs. For best results, begin with the Welcome Track and Track 1: Core Pain Relief Hypnosis Session to lay the foundation. Afterward, you may explore the remaining tracks in any order—whether for deep sleep, daily resets, or moments of discomfort.

Consistency is key. The more regularly you engage with the program, the more your mind and body will learn to shift away from pain and into calm, regulated states. Let this be part of your self-care practice—whether at night, during rest, or while managing flare-ups.



### ABOUT ME

Hello, my name is Natasha, a Mental Health Nurse (RN, BScN) and Digital Entrepreneur, passionate about providing holistic, research-based tools for personal growth, healing, and self-transformation. My intention is to offer meaningful content and effective resources for those who are seeking more than just entertainment, for those who wish to use the power of their mind to create real change.



Positive Psychology

SMART Recovery

Emotionally Focused Therapy

Self-Improvement Strategies

Cognitive Behavioral Therapy

Rational Emotive Therapy

Transcendental Meditation

Spiritual & Theological Approach

Jungian Approaches - Shadow Work

Mindfulness-Based Stress Reduction

Psychosocial Development (Eriksonian)

Acceptance & Commitment Therapy

Neurolinguistic & Subliminal Programming

### BENEFITS OF THIS PROGRAM

This program is designed to help transform your experience of pain—not by ignoring it, but by retraining how your mind interprets and responds to it.

Pain is not only physical—it's also shaped by memory, emotion, stress, and perception. Through hypnotic suggestions, this program targets the neurological and psychological components of pain, promoting nervous system regulation and triggering the brain's natural pain-relief pathways (endorphins, dopamine, and parasympathetic calm).

You'll be guided to soften resistance, release tension, and rewire unconscious associations with pain—empowering you to shift from suffering to soothing, from overwhelm to inner ease. By listening regularly, you're not only calming your body but also reshaping the brain's wiring for relief, resilience, and rest.

“Pain is not just a sensation—it's a story your brain tells your body. And stories can change.”

*Adapted from Dr. David Butler & Dr. Lorimer Moseley, Explain Pain*

### DISCLAIMER

Please listen to these recordings in a secure, distraction-free setting. Avoid using while driving, operating machinery, or engaging in activities requiring attention. The audio in this program contains language and sound effects that induce a relaxed state, but if discomfort, anxiety, or negative sensations arise, please discontinue listening. **\*It is not intended to replace professional health services and should only be used as a complementary intervention.**

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# Deep Sleep Program **3**

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### PROGRAM DETAILS

#### **Track 0: Welcome**

Start here to understand the philosophy and therapeutic background of this program. I share a bit about my clinical experience and the psychological principles behind why hypnosis helps reduce pain. You'll learn about Ericksonian hypnosis, NLP, ASMR layering, and hypnotic analgesia — and how this program combines it all.

#### **Track 1: Self-Hypnosis, Pain Relief & the Power of the Mind**

This is the foundation. Begin here if it's your first time. You'll be gently introduced to the concept of self-hypnosis, how pain is modulated by the brain, and how intention + imagination can shift how pain is experienced. This track includes:

- Breath and progressive relaxation
- A soothing, dissociative ocean visualization
- Embedded affirmations that activate your body's natural endorphins

#### **Track 2: The 4 A's - Autogenic Training**

This session blends clinically tested self-hypnosis principles with the 4 A's: Avoidance, Alteration, Alleviation, and Awareness. It guides you through:

- A rapid induction
- Four unique mental pain strategies using passive concentration and sensory cues
- A body-wide relaxation experience that teaches you to switch between techniques based on what your body needs in the moment

#### **Track 3: Rapid Pain Relief - Trigger Technique**

For flare-ups, this short but powerful recording uses direct, authoritative hypnotic language and embedded trigger words ("Switch off now") to train your mind to respond instantly. This track:

- Conditions an immediate pain-reduction response
- Can be used before conventional pain relief kicks in
- Reinforces subconscious command over discomfort

#### **Track 4: Inner Healing and Emotional Release**

Pain isn't always physical. This long-form session helps address deeper emotional and spiritual layers of suffering. It includes:

- Hypnotic guidance to explore grief, shame, regret, and faith
- Gentle invocation of spiritual healing, no matter your belief system
- Forgiveness, surrender, and compassion-based suggestions This track is designed to be revisited over 7 nights if possible for gradual integration.

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### PROGRAM DETAILS

#### **Track 5: Healing Liquid Goo - Powerful Hypnotic Analgesia**

This looped one-hour recording blends:

- Conversational hypnosis
- Positive first-person affirmations and affirmations
- Subliminal messages layered under ambient ASMR textures Listen anytime during the day or night. Perfect for passive reinforcement, sleep, or emotional regulation throughout the day.

#### **Track 6: Subliminal ASMR Sound Bathing Track**

This looped one-hour recording blends:

- Conversational hypnosis
- Positive first-person affirmations and affirmations
- Subliminal messages layered under ambient ASMR textures Listen anytime during the day or night. Perfect for passive reinforcement, sleep, or emotional regulation throughout the day.

#### **Bonus Track 7: Where You Are Now - A Self-Reflection Exercise**

A quiet, open-ended journaling and reflection track that helps you:

- Tune in to your thoughts, emotions, and body awareness
- Connect to your healing journey through gentle questioning
- Anchor changes and insights from other sessions

#### **How to Use This Program Effectively**

- If new, start with Track 1.
- From there, listen intuitively based on your needs.
- Use Tracks 3 or 6 for rapid relief or quick resets.
- Use Track 4 for deeper emotional and spiritual healing.
- All tracks (except Track 3) are ideal for sleep.

*Listen during the day for regulation, at night for sleep, or anytime you want to reinforce healing suggestions.*

*This program is for educational and therapeutic use only. It does not replace medical care. Always consult your health provider regarding your pain management protocol and underlying health conditions.*

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### LITERATURE USED TO INSPIRE THIS PROGRAM

*Also great resources to explore!*

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