



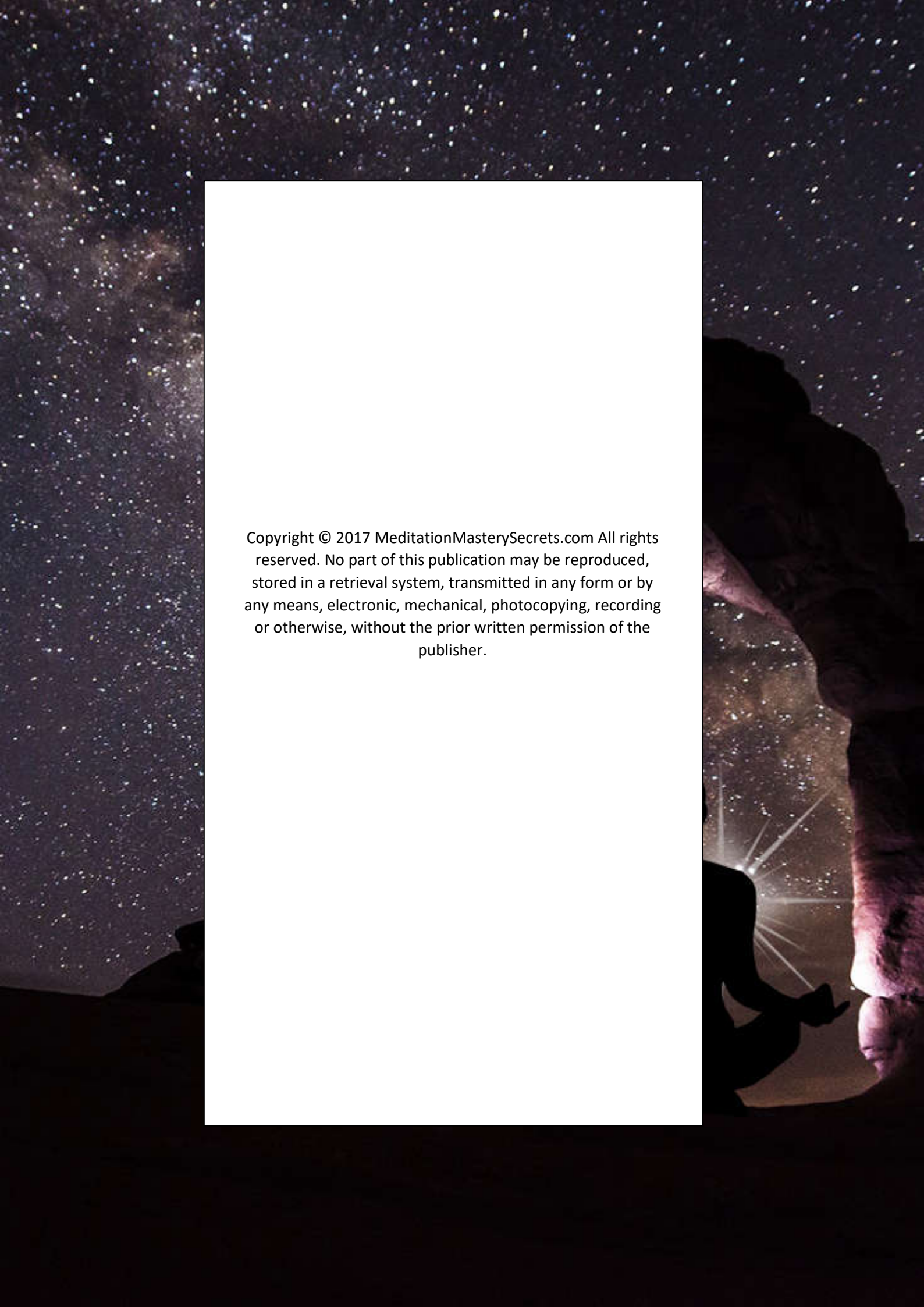
SLEEP

Talk-Down

A Guided Meditation for sleep



By Jason Stephenson



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Hi, Jason here.

Congratulations on your decision to download the **"Sleep Talk Down"** Meditation. A gift created especially for my subscribers.

Here are some results of studies of the benefits of meditation:

- Studies from the University of Wisconsin – Madison have seen that mindfulness meditation has reduced anxiety and stress.
- A group of high-risk pregnant women participated in a University of Michigan study and found that the mothers experienced a greater bonding to their babies in their womb.
- Meditation has been found to reduce substance abuse.
- Meditation helps to clear the mind, focus and hold your attention for longer periods of time.
- Meditation has been found to reduce the pain factor. The body may experience the pain, however, meditation lessens the pain feeling in the mind.
- Meditation helps with self-awareness and to experience greater compassion for others.
- Doing meditation on a regular basis has said that it can help encourage the creative mind – to open up new doors of creativity.
- It has been scientifically proven that meditation helps to lower blood pressure
- Mindfulness meditation has been known to decrease inflammation within the body

Now before you start using the "**Sleep Talk Down** " Meditation I would like to give you some tips to help you achieve maximum results.

This meditation is best done just before you're ready to sleep - as the purpose of the relaxation is to help you fall asleep.

Get in a comfortable position. Close your eyes. Focus on your breathing and my voice. If you are in a noisy environment, headphones are best used, If in a quiet place, listening with speakers or headphones is good.

Best to be on your back with your spine straight and arms resting gently by your side.. Prepare to sleep well.

The first section of the meditation will be talking, followed by sounds to help you fall asleep.

[And if you want to achieve the ultimate meditation experience, check out this BONUS video.](#)

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Enjoy!

To your inner peace,

Jason Stephenson

