
Sugestopedia



This is a technique based on principles originated independently by Dr. Georgi Lozanov and Dr Emile Cuè. When the two systems are joined; Lozanov's 60 bit baroque music and Cuè's affirmations a process is created that open a window in the conscious mind to allow the messages to go deep into the subconscious mind to change the thoughts that interfere in the daily lives of the individual for whom the CD's are made.

This technique has been demonstrated to be highly effective with people of all ages dealing with different issues. The greatest success is with students diagnosed with ADHD, low self esteem, bed wetting, aggression, and other issues associated with their well functioning in school, with peers and adults. Sugestopedia is very beneficial for adults with problems of stress, and other health situations that affect their mental, physical and emotional wellbeing.

An MP3 is recorded using 60 bit music and specific affirmations to change the negative thoughts. These affirmations are not subliminal.

When ready to sleep, the person listens to the recording, following the instructions for breathing and relaxation that create an alpha state in which the impressions of the messages are profound and permanent

These recordings are to be played during the first 45 minutos of sleep which is the time when the subconscious mind is opened and more receptive. It is NOT recommended to listen while the person is awake because the conscious mind tends to intellectualize and interfere.

This recording will be sent to you as an MP3 or a CD

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