



BONUS INTERVIEW

Niraj Naik

Sound Healer



DISCLAIMER AND TERMS OF USE AGREEMENT

You have purchased Sleep Well Solution for your personal use. When you purchased Sleep Well Solution Program you agreed to the following Copyright, Legal Notice and Disclaimer:

This publication is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved, including resale rights: you are not allowed to give or sell this Guide to anyone else. If you received this publication from anyone other than Media Partners, Inc. you've received a pirated copy. Please contact us via e-mail at info@sleepwellsolution.com and notify us of the situation.

Although the contributors and publisher have made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions. Also, you should use this information at your own risk. Your particular situation may not be exactly suited to the examples illustrated here; you should adjust your use of the information and recommendations accordingly.

Finally, use your head. Nothing in this Guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader. So have fun and get the best sleep ever!

Copyright © 2013 Halcyon Publishing LLC. All rights reserved worldwide. This document has been coded to the original purchaser for tracking copyright infringement.



Larry: Welcome to this bonus interview with someone who is incredibly talented in music production and an expert in sound hearing. He actually has graciously given us a sleep induction meditation track that I encourage you to listen to as you go to go to sleep. His name is Niraj Naik and we're going to discuss the effects of sound on consciousness and how we actually can help you get to sleep better and deeper. First let's get to know Niraj a little bit. So, welcome to the interview, thanks for joining me.

Niraj Naik: Hi Larry, thanks for the opportunity.

Larry: So, just dive into your background. Tell us a little bit about yourself, how you got into sound healing and probing consciousness.

Niraj Naik: Sure. I'm actually a pharmacist by qualification, but I've always had a passion for music production. I actually used to run a music production company and a record label when I was younger. It was very successful but I ran into a few problems and ended up going back to my pharmacy profession. When I studied at university I realized how underserved the medical profession was in the areas of disease prevention and issues such as sleep, sleep disorders and anxiety. I really analyzed a lot of problems with people being very dependent on medications, especially for things such as sleep. I always saw people getting addicted to taking medications. It seems they couldn't sleep without them and, not just that, but for all sorts of conditions. I always felt dissatisfied as a pharmacist. I never felt I was really serving people in my profession. Without delving too deeply, I did kind of experience the laugh of big companies when it comes to their profit motives over actually helping patients. Being



dissatisfied and being someone who really cares, I did try my best to really help people holistically and other ways. I actually got some great results simply by doing things such as changing lifestyle habits. I have had some profound results helping people lose weight, get back to sleeping better, even things such as lowering blood pressure. I actually tried sharing these results with my employees at that time. They didn't really come back with that much gratitude or encouragement; they really were more focused on me selling products and sticking to the protocol.

So, to make a long story short, I did actually did end up working as a pharmacist for a very large supermarket chain. In the end, I had a big battle with trying to get across my kind of holistic ideas, things that weren't purely based on medicine. I ended up suffering from a lot of stress myself. I ended up getting very sick with a stress-related disorder that left me housebound for about 10 months. Believe me, I really did learn about sleep disorders then because I started suffering from them myself. I was not able to sleep with the anxiety and stress of being housebound and not having a social life. So, what that actually did for me, that actual experience, was very profound. It gave me an insight into what it feels like to be stressed, to have chronic illness, to have problems with finances, relationships, money. I was experiencing all of that at the time. In doing so, I had a choice: I could either follow the path, the conventional path, of doctors, pharmacists, and conventional healthcare. That would have been taking medications, relying on their protocols for recovering from chronic illness and helping me sleep better. That would have been pretty much focused on



medications. You know, I was actually faced with surgery. When it got to that point, when I was facing surgery to get over this condition, that's when I was like, "I can't – you know, I've helped people so much holistically, and now I have to help myself."

So I went away and spent a lot of time learning about holistic methods of recovery. I learned about recovering from stress, and managing stress better, and getting myself out of his hole, out of this situation with this chronic illness. I went to see a very well-respected spiritual person in the U.K. She's a spiritual advisor to many people in the U.K. She happens to be a close friend of the family and so she took me in. She is very well researched in the ways of Ayurveda, which is a holistic ancient Indian method of treating conditions. It's based on diet and exercise and lifestyle changes rather than drugs and medication. I was attracted to that. I also learned meditation techniques and self-hypnosis techniques as well in that time. I started getting back into making music because part of the treatment in Ayurveda is finding your true will, your true calling in life. When you do that, a lot of the problems you have associated with illness, which often are associated with a dissatisfied soul and spirit, start becoming healed as a result. So I really was starting to focus on my passion for music again. I started really researching music. I'd already gotten into meditation. So I decided to research meditation music. My research into that led me towards brain wave training. I realized, very quickly, you can use music and this special technique known as brain wave training to get yourself into certain states. These are deep meditative trance states where you really can talk directly to your subconscious mind.



Your subconscious mind is really this huge reservoir of information, knowledge. It's also what controls pretty much all of your autonomic functions. So, your heart rate, your breathing, all those things you do on autopilot. Even your habits, such as when you're driving to work, you often don't remember the journey because you're operating on autopilot. That's your subconscious mind taking control. This subconscious mind is habit forming. It's almost as if you can imagine a computer's hard drive. Your subconscious mind is on the hard drive and it's stuck there. All this knowledge and information is imprinted upon you from when you were a little child. It's imprinted upon you through all the experiences and interactions you have growing up with your environment. That includes your family, your work, the news, the media, the books you read. All these things are like programs imprinting things on your subconscious mind. These things will affect your autonomic processes, even down to how you sleep. So, with that said, what I started to learn through meditation and studying Ayurveda and learning some techniques is people have known for thousands of years about this amazing control we can have over our hard drive, our subconscious mind. We actually can create our own software programs to rewrite all those things that have gone wrong in that subconscious mind of ours. Then we can create better and more empowering habits that will help us out with more health, better health and better habits. We can sleep better. We can feel generally better and healthier as a result. So, that's pretty much been my journey.

Larry:

Yeah, right on. I applaud you for leaving the system and recognizing that. I applaud you for inviting people into



consciousness and discovering these amazing things. In everyday life we go through and we do things, more or less subconsciously, and the subconscious things we do create patterns deep inside of us. If you're not aware of them, and I think, what you're talking about is reprogramming yourself to remove these things that aren't serving us. Then you can live a more free life. Right?

Niraj Naik: That's right. Exactly.

Larry: So, do you want to talk a little bit about the frequencies and the music and how they affect consciousness?

Niraj Naik: Yeah. Well, let me just talk a little about the history of the frequencies. Obviously the ancients didn't talk in terms of frequencies. What happened was a scientist known as Hans Berger identified, using an EEG machine, the frequencies on which your brain operates. So, there are four fundamental frequencies. There are some others, but these are the main ones to be aware of that at which your brain will operate. Every time it's operating, your brain is creating new frequencies in your mind. There will be a predominant frequency at which you're going to operate. So, these four things, the first one is the highest frequency at which your brain operates. It's known as the beta frequency. If your brain is operating at a higher, more predominantly beta range, it means you're in this beta brainwave state. This beta state is associated with concentration, doing more focused tasks, and also stress. If you're under stress, if you're under tension, you are operating in more of a beta state. It doesn't mean those other frequencies I'm going to talk about aren't operating. It just means this one is a bit more predominant than the others.



Larry: That's probably one that most people are going through in their life when they're on high alert, getting things done.

Niraj Naik: It's the "getting things done" state, yeah. The problem with that is we are working often harder than we were designed to as human beings. We spend so much of our time during the day working and concentrating, worrying about bills, finances, and money, relationships, our health, and things like that. You even can get down to being worried about being unable to sleep. So we're constantly staying in this beta state, pretty much all day long. This can lead to issues with our overall health and well-being.

So, the next state, which is actually considered the natural waking state, is where you're calm and relaxed but you're also aware of things. This state is associated with peak performance, with being creative. It's also a state where you're just generally happier and have a better sense of well-being. This is known as the alpha state; the alpha brainwave state.

Larry: In that state, you're in the flow. Time goes by without you even noticing. You're just able to move through whatever you're doing painlessly and effortlessly. It's like you're just "in the zone," yeah?

Niraj Naik: Exactly, it's the zone. It's the peak performance state. This is the state, unfortunately, people do not spend any time in quite often during the day. Let's talk about the other two states and then I'll tell you why we don't stay in that state. I'll just talk you through the general, daily cycle of an average person. I'll show you where these states come in. You realize we're not spending enough time in these states. If we are, it's often not for the right reasons. The



alpha state is actually the state into which hypnotherapists put their subjects. It's also the hypnotic state. So you're actually in that state, unfortunately, susceptible to improving by accidental sources. If you're not aware of this, it actually can be a bad thing. The biggest trance inducer of the alpha state, believe it or not, is the TV. The TV is one of the biggest imprinters on the human subconscious mind that we've had in the modern world. A lot of people's minds are governed subconsciously by the TV and they don't even know it. I'll comment on that in a bit.

The next state after that is the theta state. The theta state is a slightly slower state than the alpha state. This is associated with meditation. It's the meditative state but when you're in deep meditation, you reach. Also, it's associated with things such as astral projection. You might have heard about being in astral projection. It's where people are known to completely disassociate themselves out of their body, like a lucid dream. It's a lucid dream state. That state is also the one where most people are in reach, unless it's the time just before they start to fall asleep. So, you know, some people may experience that just before they fall asleep.

Because most people are so tired, they tend to go straight from a beta state to a delta state. Because a delta state is the slowest state of all, it's the subconscious state. It's literally the state where your subconscious mind is switched off and you're literally – you're asleep. That's the state where you want to be for deep sleep, but the other two states are just as useful, the theta state and the alpha state. Unfortunately we're just not, in this modern day,



experiencing these states enough. If we are, it's usually for the wrong reasons.

Larry: So, is there a balance you want to achieve, being in one state versus another state? If we're predominantly in beta, is that a bad thing for sleep in general?

Niraj Naik: Yeah, this is the problem you see. Most people usually are waking up. I know when I was in a very busy job, I was woken up by an alarm very early. When you wake up with an alarm clock, unfortunately, that snaps you straight to beta state. That's because your brain is suddenly getting bombarded with this noise. It's like this huge surge of adrenaline through your system. Your brain is kicking in, saying, "I have to wake up now, we have to get ready for work." That surge of adrenaline knocks you straight in this beta state from the delta brainwave state. So they go straight to a beta right when they wake up. The next thing most people tend to do is have a couple cups of coffee, or at least a cup of coffee or tea, something containing caffeine. That caffeine kicks them straight back into beta. That caffeine actually can last for a few hours, where you're staying in a beta state for three or four hours. If you're having another cup at around two in the afternoon, like I used to do, that's keeping you in a beta state all day long. I'm sure a lot of people have two or three cups of tea or coffee a day. Or else you're drinking things like Coca-Cola, or other caffeinated drinks, something like Red Bull during the day until you get home from work. When you get home from work, you're probably trying to frantically take in some food. You might be bombarded with the responsibilities you have with your family, making sure there's dinner on the table, things like



that. So you're staying in beta all the way through until you may plop down in front of the TV.

Now, the TV is the ultimate alpha brain wave inducer. It puts you straight into a trance, an alpha brain wave state, where you're relaxed and focused on one thing.

Especially if you're watching things you enjoy, that make you feel good, they just put you into a trance. They're just designed to specifically do that, to pull you in to a trance. Unfortunately, all TV programming is designed to sell stuff because without selling stuff through their ads, they'd run out of business. So, all TV programs, all advertisements are designed specifically to get you into a state where you're relaxed, calm, happy. Then those ads have much more of an impact on your mind.

Larry: So, do they modulate from, like, alpha to beta, so you're in this calm state when they shift you to beta to get you excited and then shift you back to alpha?

Niraj Naik: Yeah. Definitely. All that is going on, it's very careful programming. Very careful. They're very crafty. They understand all this stuff, you know, all this stuff. There's a lot of neuroscience that goes into advertising and media. So, you know, what is going on here is you're being hypnotized by your TV. The news, all these things are designed to keep you engaged in this trance, okay? All of those things are bombarding you with information. That information's subconsciously seeping into your mind and influencing your subconscious. It is programming you to create subconscious habits based on what you're reading, seeing on the TV. So you may subconsciously buy stuff the next day based on those things you've seen on TV. You may be even more worried now and stressed



because of the things you've seen on the news. You may be – all those things could – could be affecting your sleep. The TV could be subconsciously affecting your sleep because it's making you more agitated, more worried, and genuinely it could be having a major impact. Obviously, not all TV is bad. I'm not saying all TV is bad. There's probably some really good stuff as well. I'm not saying everyone should stop watching TV now. What I'm saying is you should really be taking control of this alpha state, this state which can be so beneficial to you. That is if you learn how to switch it on yourself without needing a TV to do it for you. If you can learn to control this state, you can use it to do amazing things. You can use it to get into peak performance states. You can use it to be more creative. You can use it to sleep better and feel better and also improve your health and reduce stress. That's what I've been really focusing on, helping people get into this state using more beneficial techniques.

Larry: Mind control. So, where do people usually fall into problems with their daily habits of stress, and being in beta most of the day? Then coming home and watching TV and being in this trance? Why are people having issues sleeping from a brainwave perspective?

Niraj Naik: So, from a brainwave perspective, some people actually fall asleep better when they watch things on TV. Actually a lot of people fall asleep in front of the TV because they've fallen into a trance. So it doesn't affect everyone in an active way. Some people actually sleep better with the TV. Some people just don't switch off. They're constantly, even if they are watching things on TV, their minds are elsewhere. They are worrying about their girl,



worrying about this and that. They're doing all these things. The great thing about an alpha state is you actually can get into that state and use it to move into more sleep benefiting brainwave states, such as the theta and delta states. So, you want to be getting into that alpha state, using some kind of technique. Whether it is just being able to switch off your mind, or using things such as meditation and music, these techniques are much more beneficial for switching to alpha. That then would take you down that sleep cycle, slowing down your brainwaves to a state where you can sleep better.

Larry: That's where the audio you've given us helps, right? You use a guided meditation with the brain training. You want to talk a little bit about how brainwave training works and how that meditation, that sleep induction works?

Niraj Naik: Sure. So, with brainwave training the amazing thing is you can use sound to get yourself into different brainwave states. You can do it without using things that can put sequential inference into you. So, the way brainwave training works is, if you imagine how you can tune a guitar with a tuning fork. You also can tune your brain to specific brainwave states using specific techniques. We can see this if we go back to, for example, the tribal days when people used to use drums. People used drum patterns because they have certain rhythms. Your brain syncs to those rhythms. That syncing process gets you into trance states. That alone can change your state from a high beta anxious state to a calmer, more relaxed alpha state.

We've known about these techniques from ancient times but now you're using more modern techniques. You're using things such as isochoric tones, which is what we use.



These are tiny posits of sounds, which have a rhythmic effect. In the process of those rhythms you listen to them, your brainwaves will initially calm down in direct correlation to the brainwave training that goes throughout the track. Essentially it's designed with these tones, which are these tiny pulses, to take you from your beta state. So first they sync with your beta brainwaves so your brain is syncing with the mood of the track. Then over the course of the session they will start slowing down. Your brain naturally will slow with the session's rhythm. We also use common music. Music has always been shown to be a very, very powerful method of getting yourself into different brainwave states. Common music, such as the music we use in the session I've given you, these things can have a very, very powerful calming effect over your whole nervous system. Music has been shown in various studies to have a calming effect over your brainwaves. So, the combination of music with the tones we've found is a very powerful method.

There's another technique you can use. You can use breathing techniques. I can share with you a breathing exercise you can do using the actual sleep session. These two things together give us a very holistic method where you can actually, literally, take control of your own subconscious imprinting while also listening to the session. There's a technique I discovered known as "the extending exhalation." It is a breathing technique, an ancient breathing technique, which is designed to switch off your sympathetic nervous system. Now, when you're stressed out and you're in a beta state, that's the nervous system putting you into a mode where you're ready to do battle, take on challenges, be more focused. This operates for



too long a time. This nervous system is called the sympathetic nervous system. If this is running for too long, you're actually producing way too much adrenaline. This adrenaline is what switches you into a beta brainwave pattern. Using breathing techniques, you actually can switch this off instantly just by doing a very simple breathing exercise.

This breathing exercise is known as the extended exhalation. It simply involves you breathing out for a longer time than you are breathing in. Just that simple method actually will start switching off your sympathetic nervous system and switching on your parasympathetic nervous system. The parasympathetic nervous system is what puts you into a relaxed state. It's what is needed for you to be able to digest your food better. Another reason people don't sleep well is because their food isn't being digested properly. That has an ongoing effect, keeping you in a beta state where you're not able to sleep properly. If you can get into a parasympathetic state, where you're going to start slowing down your brainwaves and becoming more relaxed, you are going to sleep better. So, when you breathe in and then breathe out for a longer period of time, this is when you start switching off the sympathetic nervous system.

So when you're listening to the session, this is the one exercise you want to do. When you breathe, you want to be breathing from your belly, okay? You want to be breathing from your actual abdomen. That is known as deep breathing, when you're breathing in your full lung capacity. Another problem a lot of people have is they hyperventilate; they do not breathe deeply with the full



lung capacity. We are basically depriving our whole body of oxygen, vital oxygen. Not having enough oxygen also can keep you in a beta brainwave state. You can be pumping adrenaline because your body simply isn't getting the energy it needs from the oxygen. Your respiration is not optimum. This technique will get your body, not only having more oxygen in the cells, but will also put you into a parasympathetic nervous state. It also will calm down your brainwaves and generally help you feel calmer and more relaxed so you can sleep better. So, what you want to be doing is breathing from the abdomen. The best way to explain this is if you were to first put your right hand on your belly and then your left hand on your chest. You'll have to see how you're breathing now. So if when you're breathing, your chest is expanding but your belly is actually contracting, that means you're breathing through your chest. So that's actually shallow breathing. What you want to try instead is breathing in a way where your right hand rises, that your belly is moving up, okay? Then your left hand, which is on your chest, is going down. So, the first breath you want to be doing is breathing in with your full lung capacity, with your right hand moving up. You want to do the first breath for, like a five seconds' count. It's useful if you have a way to time yourself, if you've got a clock nearby. After a while you'll get naturally used to how to do this. In the beginning it might just be useful to have a clock handy so you can check the time you're breathing. So, first breathe in for a count of five seconds, very deeply. Then, what you want to do on your outbreath is breathe out for seven seconds or more. If you can go up to ten seconds, that's really good. You're going to be breathing out for a longer time



than you're breathing in. Then you contract your belly all the way down and your chest will rise. So your right hand will be going down when you're breathing out and your left hand will rise. Then you want to repeat that cycle all over again. You also can hold your breath for about one or two seconds as well, if you can. Some people may not be able to do that. If you're not comfortable doing that, don't worry about that. Just as long as you're breathing out for a longer period of time than you're breathing in, that's exactly what you want to try to achieve. Then just repeat this process as you listen to the session. Try doing this for at least ten times, if you can, ten cycles of this. When you do that, you will start feeling calmer and calmer and more relaxed, naturally. Your breathing will slow down naturally as well. Generally, you'll feel calmer and more relaxed as you're flowing deeper and deeper into an alpha state, then a theta state. Then you'll slowly calm yourself down into a state where you're so relaxed you can just drift off calmly into a very deep, relaxed sleep. The music and the training also will help you in that journey of drifting yourself off into a calm, relaxed, deep state.

Another thing you can do is start imprinting a subconscious command into your mind as you're doing this. The way we can do this is when you're breathing out, you can just speak to yourself. On each breath out you can say, "I am feeling relaxed." If you say that on your out breath, "I am feeling relaxed," try saying that slowly and calmly for a longer period of time than you're breathing in. That alone will start imprinting that subconscious command of feeling relaxed. Then you can start saying, "I am drifting into a deep relaxed sleep. I am drifting into a



deep, calm, relaxed sleep.” If you start saying that to yourself, you don’t have to start saying it out loud, you can say it to yourself in your own mind. With this simple, gentle breathing technique and the music accompanying it, you are going to flow naturally into an alpha state, then theta, and then a very, very gentle, deep delta state. That’s the technique I share with people. I have had some very profound results with people using this technique without music. I’ve had amazing results with people who haven’t been able to sleep properly. Just from that one exercise alone, they are able to flow into a deep, calm, relaxed state of mind every time they go to sleep.

Larry: Dr. Naik, I want to thank you so much for sharing that meditation exercise. That is a really, really powerful tool along with the guided sleep induction music. That is just the tip of the iceberg; I know you’re working on some amazing programs to help people better control their mind. I know you are working on programs to help people better control their brainwave states that imprint their emotions and their lives. This is helping them gain more control over what they’re doing and creating so they can do more, be more. You want to tell us a little more about that program?

Niraj Naik: Sure. As I said before, I went through a very serious chronic illness myself. I wanted to find a way to recover from that naturally. So I learned many techniques and along the way I actually discovered some other amazing doctors and spiritual experts. I discovered people who were holistic health masters. They had spent years training and learning various techniques to help people recover



naturally from stress-related issues, which is what I had. The root cause of most problems is chronic stress which, unfortunately, is in abundance today in this busy, hectic world.

I took various techniques from the best sources and found what worked best for me. Then I put that together in a system which I call the Alpha Mind System. I decided to try this out on people in the beginning, before it was launched. I started getting some amazing results. I fine-tuned this system over a long time to a very easy one. It uses the best scientifically proven techniques. The great thing with this is it takes into account that your whole, entire body is your mind.

Every single cell in your body, the collective consciousness of that, is your mind. Your mind is where everything starts. Every single thing you do begins in your mind, from your daily habits, things you do for fun, down to the way your whole body and physiology is controlled. It all comes down to your mind. You have your conscious mind and your subconscious mind. Unfortunately, we let our conscious mind be controlled by external forces. Those external forces put an influence into your subconscious mind, often to the benefit more of the people who are in control of that. They usually have different intentions based on their own personal profit and gain. It could be things they want you to do instead of things you could do for yourself. This could be from all different sources, varying from people who are close to your family to media, the news, even the government. It even could be down to things that happen at work on a day-to-day basis. All of these things are imprinting into your subconscious mind,



often without you even knowing about it. All these things lead to chronic stress. Chronic stress leads to bad software programs being imprinted. It's these bad software programs that are leading to illness and disease. That's because you often have bad habits and make bad choices with diet and nutrition. These things are imprinted from TV and media. These things you do are not beneficial to your health. All these things build up and then lead to chronic stress, and cause illnesses.

It can also be down to you not having enough money, or finances or attractive things you really want in life. That can be because your mindset has really been dictated by external forces that don't want you to be in power. These external forces don't want you to have wealth, don't want you to become attractive and attract what you want. So that's why you need to take control of this collective consciousness, using all of these techniques from my system, down to meditation and all these holistic processes. These holistic processes are going to give the power back to you to attract the things you really want in your life. These have had amazing results getting chronic conditions back to full fitness and health without needing things such as medications. Those things can be amazing in their own context, but they shouldn't be used all the time. They shouldn't become a daily habit. Medications shouldn't be something you rely on every single day because the causes of your problems are actually these subconscious commands that are imprinted. What I'm giving you with the Alpha Mind System is a system, step-by-step process, which gives the power back to you. It's done amazing things for myself and people who don't have any issues at all. It's actually improved their lives



significantly as a result because it fine-tunes your mind to peak performance. So, if it has such a dramatic effect on people who are sick, just imagine the effect it has on people who aren't sick, everyone with no issues. The Alpha Mind System is something great to create as a daily habit. This can only do good things for you. It's not going to have a negative impact, you can only benefit. You can only really enhance your life no matter where you are. If you're someone who suffers from sleep problems, those sleep problems are, primarily to stress-related issues. The great thing with the holistic approach I have is every one of those processes will help you reduce stress and reduce the negative effects stress has in your life.

Obviously, I want to be able to give as much value as I can today on this call. So, I am going to offer a very special deal for the people who are purchasing the Be Well Buzz Sleep System. I'm going to give 15 percent off the actual asking price if you get it. Because, obviously, I want everyone to have the most benefit from this program. With that said, it's a very holistic program and so we take into account everything, whereas a lot of programs out there just focus on one thing. That's why they usually don't work. We cover every single aspect of what you need to be in the best peak performance state of mind you can possibly be in so you can do the things you want. That includes getting a good night's sleep. We are a team of healthcare professionals. So you have two doctors and, actually, a PhD, as well. So you have three doctors behind this, plus myself, a pharmacist who's recovered naturally from chronic illness. We've got a wealth of testimonials from all around the world. We've been doing this for more than a year now. We have

amazing testimonials. You can check all that out on the site through the link, which is www.alphamindsystem.com/bewellbuzz.

Larry:

We'll link right below this video. I want to thank you for taking the time to do this call. Obviously, anyone listening to this wants to improve their life. If you want to improve your life, sleeping is just one piece of it. I invite you to explore Niraj's program, the Alpha Mind System to get a better grip on your emotional state and your subconscious state. Then you can empower yourself to really reach the levels and heights of your dreams. This program will help you do it. I've gone through it and I endorse it 1,000 percent. It's powerful. So take him up on his generous offer of 15 percent off and give yourself the gift that will give you better living. I invite you to click the link below right now and join his program. Thank you so much, Niraj for taking the time to share your wisdom around this

Niraj Naik:

It's been an absolute honor. It's really, really been an honor to share this value. Thank you.