

Sleeping Easily Deeply and Well

Namaste. Hello everyone this is Bill Austin of www.HealingHolograms.com and this is a healing mp3 audio recording for Sleeping Easily, Deeply and Well. As many of you know, I suffered with insomnia for over ten years before I was able to clear, heal and release the pattern so I understand how hard it is to live with sleep deprivation. So I am delighted to create this audio to help people with sleeping challenges.

What I have found out about sleeping challenges is that they are often very specific to the individual. What I would like you to do now is place this recording on hold or pause and take a few minutes to write down what most challenges and impacts your ability to sleep, easily deeply and well. Throughout this healing recording, I will be transmitting healing energies to help each of us to clear our specific blocks to sleeping easily, deeply and well. After you have written down your list, you can take the recording off pause.

Welcome back! Before we begin this recorded healing session, I want to set the intent that all transmissions on this recording will be aligned with the highest good of all people listening to them; that it supports the spiritual evolution of each being and that all of the energies transmitted in this session can be integrated with ease and grace.

As to the mechanics, when you hear me say the words, "Transmission begins," I am encoding the healing into the mp3 audio recording. When you hear me say the words "Transmission Ends," the encoding has been completed. I have been doing this for over 9 years now so it does not take me very long to do this. If you need more time to integrate and absorb the healing energies, you can place the recording on hold or pause at any time. This will not impact the transmission in any way whatsoever. OK we are ready to begin!

1. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night. LIST TB TE
2. Astral Travel Transmuter Shield to Protect Our Energetic Spaces and Fields while we Sleep from Negative Energies, Beings and Influences as well as from the mass consciousness of humanity. TB TE
3. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Attitudes, Tendencies, Genetic Predispositions, Memories, Self Talk, Patterns, Programs and Influences. TB TE
4. Timeline Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions from the Moment of Conception to You in the NOW. TB TE
5. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions from Your Past Lives, Future Lives, Parallel Lives and Parallel Life Bleedthrough. TB TE

6. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Stress, PTSD, Anxiety and Trauma Especially Financial Stress and Anxiety as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Attitudes, Tendencies, Genetic Predispositions, Memories, Self Talk, Patterns, Programs and Influences.. TB TE

7. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving all Negative Energies, Influences, Beings, Implants, Devices, Cords, Hooks and Attachments that Anchor, Support, Strengthen or Reinforce Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions. TB TE

8. Angelic Healing Profiles for Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions. TB TE

9. Mega Healing Session for Clearing, Transmuting and Healing, Releasing and Dissolving Blocks to Sleeping Easily, Deeply and Well Every Night. TB TE

10. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances, Conditions and Energetic Imprints from Your Cellular Memory, Genetics, the Minds/Brains and the Genetic/Past Life Archives TB TE

11. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night. LIST TB TE

12. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Toxic Family of Origin Programming, Patterns and Experiences that Anchor, Support, Strengthen or Reinforce Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions TB TE

13. Clearing, Transmuting and Healing, Releasing and Dissolving the Energetic Distortions, Disruptions, Blockages, Weaknesses and Imbalances Created by Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions. TB TE

14. Angelic Love and Healing Wash for Our Energetic Spaces, Fields, Organs, Systems and Bodies that are Negatively Impacted by Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions TB TE
15. Mega Healing Session Clearing, Healing and Releasing Circadian Rhythm Sleep Disruptions, Delayed Sleep Phase Disorder and Restless Leg Syndrome. TB TE
16. Mega Healing and Enlightenment Session for Financial Adversity, Stress, Worry, Tension, Anxiety and Pressure. TB TE
17. Mega Healing and Enlightenment Session for Fear of the Future or Fear that Something Bad or Traumatic will Happen While You Sleep. TB TE
18. Mega Healing and Enlightenment Session for Worry, Attachments and Obsessive/Compulsive Patterns, Programs, Influences and Behaviors. TB TE
19. Mega Healing and Enlightenment Session for Clearing, Healing and Releasing the Energies of the Day. TB TE
20. Mega Healing and Enlightenment Session for Depression, Grief, Heart Brokenness, Despair, Mental Illness and all other Negative, Downer Emotions. TB TE
21. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night. LIST TB TE
22. Mega Healing and Enlightenment Session for Healing the Adverse Effects and Impact from Sleep Deprivation, Chronic Fatigue and Sleep Disruptions. TB TE
23. Mega Healing and Enlightenment Session for Allergies, Sinus Congestion and Breathing Difficulties. TB TE
24. Mega Healing and Enlightenment Session for Clearing, Healing and Releasing Snoring.
25. Mega Healing and Enlightenment Session for Light Sleeping, Disrupted Sleep Patterns and Waking Up Often throughout the Night. TB TE
26. Mega Healing and Enlightenment Session for Nightmares and Sleepwalking. TB TE
27. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night. LIST TB TE
28. Mega Healing and Enlightenment Session for Relaxation, Getting REM Sleep, Slowing Down Your Mind and Reaching the Theta, Delta and Gamma Brain Wave States while Sleeping. TB TE

29. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving EMFs and Feng Shui imbalances, especially in the bedroom area of the home. TB TE
30. Mega Healing and Enlightenment Session for Healing Addictions to Caffeine and Sugar. TB TE
31. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night. LIST TB TE
32. Mega Healing and Enlightenment Session for Healing Monkey Mind and Feeling Hyper-Alert and Wired.
33. Mega Healing and Enlightenment Session for Energetic Protection and for Clearing, Healing Releasing and Dissolving Psychic Attack, Negative Interference and Negative Astral Travel Experiences. TB TE
34. Mega Healing and Enlightenment Session for Emotional and Mental Overwhelm. TB TE.
35. Mega Healing and Enlightenment Session for Excessive Excitement. The first time I ever remember having sleeping problems was on Christmas Eve. I got so excited about Xmas that I could not sleep. TB TE.
36. Mega Healing and Enlightenment Session for Clearing and Healing Sleep Disruptions Caused by Partners with Different Sleep Schedules, Partners Who Snore or People with Irregular Working Hours. TB TE.
37. Mega Healing and Enlightenment Session for Chronic Pain and Suffering. TB TE.
38. Mega Healing and Enlightenment Session for Clearing the Negative Impact of Electronics on Melatonin Production and Restoring the Divine Ideal Melatonin Levels. TB TE.
39. Mega Healing and Enlightenment Session for Out of Control Adrenal Glands/Flight or Fight Response and for Restoring the Divine Ideal Cortisol Levels that Promote Optimal Health and Well Being on All Levels. TB TE.
40. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving the Need to use sleep medications to sleep easily, deeply and well. TB TE
41. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving Negative Energies, Side Effects and Reactions from Sleep Medications. TB TE.
42. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving the Negative Effects, Impact and Influences of Sound and Light Pollution. TB TE
43. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving Teeth Grinding, Molar Pain and TMJ issues and conditions. TB TE
44. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night. LIST TB TE

45. I would like to conclude this recording with energies from the Creator to help each of us to deepen the healings we have received and to help us to deeply integrate and ground them into our body with ease and grace. TB TE

This concludes the recording. If you want to repeat this session without re-listening to it, all you have to say with intent is "Creator/Spirit/Goddess/God please rerun the Sleeping Easily, Deeply and Well Healing Profile. Thank you, you may execute." Again the command is "Creator/Spirit/Goddess/God please rerun the Sleeping Easily, Deeply and Well Healing Profile. Thank you, you may execute."

I would like to thank each of you for your commitment to your healing process. As you heal and grow, you help everyone around you as well. Namaste and I look forward to connecting with you again on the Inner Planes. TY TY TY