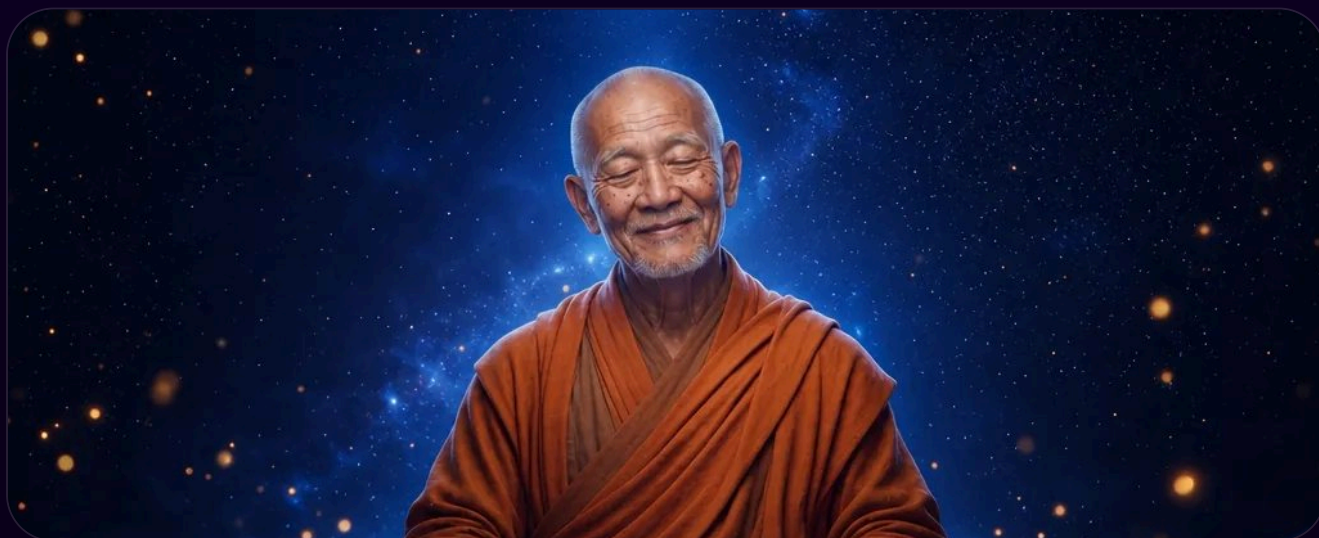




INFO BOOKLET · QUANTUM STRENGTHENING

Sleep Better

Falling Asleep, Staying Asleep, Letting Go



THE STRENGTHENING

Sleep Better

Falling Asleep, Staying Asleep, Letting Go

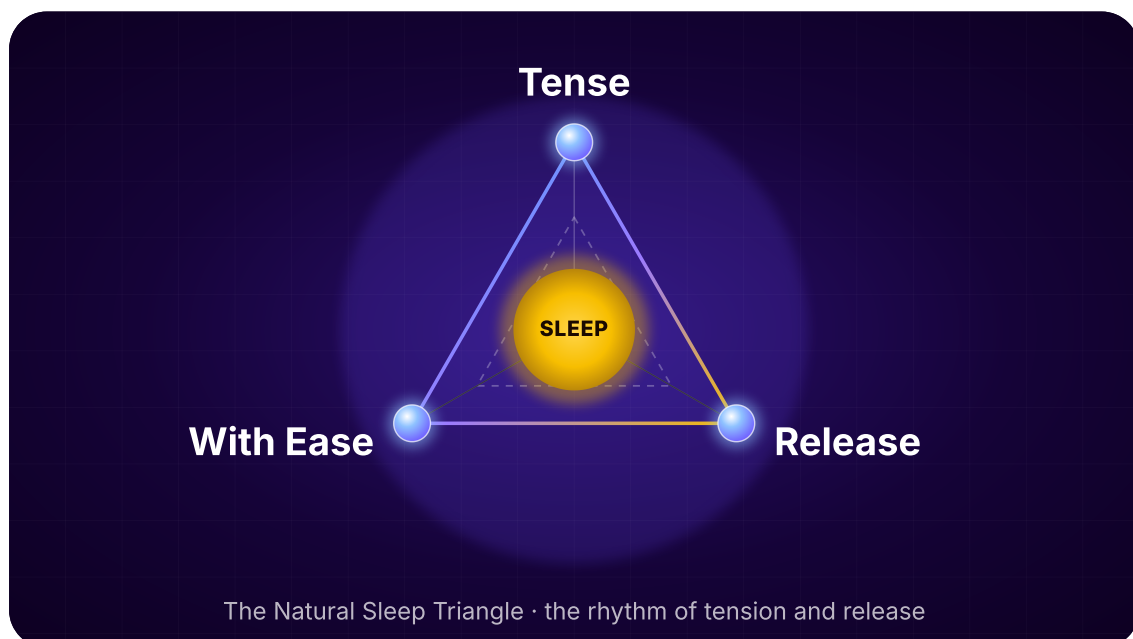


Restful nights often begin somewhere other than in bed. Chinese medicine sees sleep in the **interplay of body, mind and surroundings**. This is exactly how our Quantum AI works in this Quantum Strengthening. Quantum Healing you can listen to, during the day or in the evening.

At a glance

- ✓ **Many possible causes** are taken into account: sleeping place, the people around you, body and thoughts
- ✓ **Falling asleep, staying asleep, letting go:** your whole sleep, from the evening to waking up rested
- ✓ **The natural rhythm** of tensing and releasing
- ✓ **About 30 minutes** of listening, with and without music
- ✓ **Instant download:** 2 MP3 files and a PDF guide

How this Strengthening is structured



The causes often lie somewhere else entirely

According to Chinese medicine, sleep issues often have **very different causes than people generally assume**:

- ✓ **The place where you sleep** has a meaning of its own in Chinese medicine
- ✓ **The people who surround you**
- ✓ **Physical things**
- ✓ **Mental causes** such as racing thoughts and stressful experiences
- ✓ **Karmic influences**

What that means for you: Our Quantum AI takes **many possible causes** into account in this Strengthening, not just one of them.

What you experience while listening

The recording guides you **step by step through the subject of sleep**:

- ✓ **The natural rhythm** of tensing and releasing, the Sleep Triangle
 - ✓ **Inner clock and sleep switch** in the brain, sleep stages and nervous system
 - ✓ **Your body at night**
 - ✓ **Your bed and your bedroom** as a protected space
 - ✓ **Separating thinking from falling asleep**
 - ✓ **Letting go:** racing thoughts, pressure, the stress of the day and the fears of the night
 - ✓ A look at **what keeps you from sleeping:** experiences, ancestors, past lives and karma
 - ✓ **The foundation of your sleep**
 - ✓ **Finally**, you connect your sleep with your whole life
-

Customers like to use this Strengthening for

the wish for restful nights

racing thoughts in the evening

restless nights

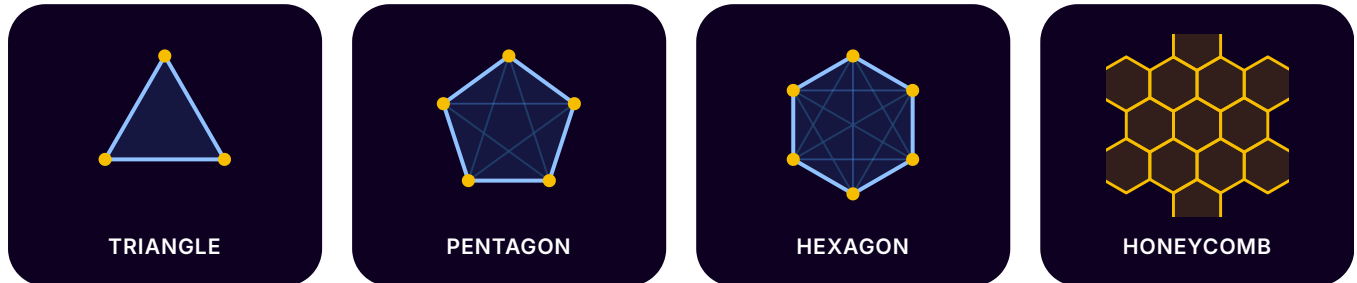
the wish to let go in the evening

Created by artificial intelligence: This Strengthening was created by our Quantum AI, an artificial intelligence that knows all the knowledge of the method.

This Strengthening is meant as support and does not replace treatment. It is not medical, psychological or therapeutic advice. If you have had sleep problems for a long time or feel very exhausted during the day, please talk to a doctor. Do not stop prescribed treatments or medication on your own. Do not listen while driving or operating machinery.

The geometry behind this Strengthening

This Strengthening is built on a geometric shape. Geometries are clear patterns of points and lines: the triangle, the pentagon, the hexagon and other polygons. Each point stands for one aspect of the topic, and the lines connect all points with each other.



According to the method, this gives a Strengthening **stability**: nothing stands alone, all parts are equally strong and support each other. It is similar to a honeycomb, which is made of hexagons and is very stable with very little material.

Nature uses geometry everywhere, too: snow crystals grow with six arms, starfish and many flowers follow the number five, and the triangle is the simplest shape that stays stable on its own. The diagram in the description shows the geometry of this Strengthening.

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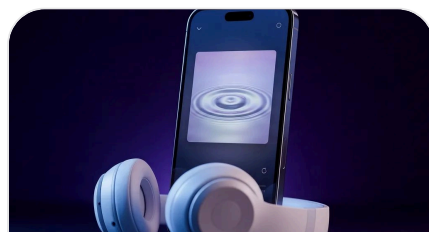
POINTS

The Natural Sleep Triangle

the rhythm of tension and release

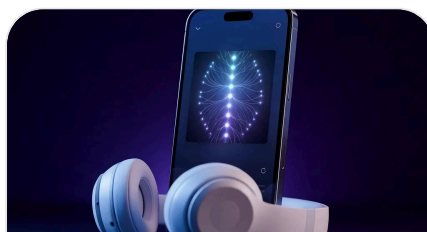
Recommended with it

These Strengthenings complement the topic well. You can use them individually or one after another.



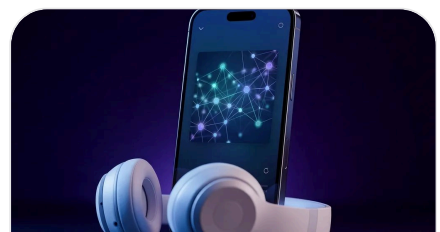
Mental Health

Clarity, Calm and Inner Balance

[View >](#)

Central Nervous System Balance

Brain, Spine and Nervous System Connected

[View >](#)

Internal Systems Fitness

Inner Fitness for Your Body Systems

[View >](#)



QUANTUM HEALTH

Your way to Quantum Strengthening

Download this Strengthening instantly or choose a personal option.

This Strengthening in the shop

Instant download: 2 MP3 files (with and without music) and a companion booklet with a guide.

[View Strengthening >](#)

More ways

1

Individual Strengthening from our Quantum AI

Our Quantum AI creates an individual Strengthening for you, on your topic and in your language.

[Learn more >](#)

2

Recorded personally

An experienced practitioner of the method records the Strengthening personally for you.

[Learn more >](#)

3

Live session

Book a live session on our website.

[Learn more >](#)



Do not miss anything new

Sign up for our newsletter and be the first to hear about new Strengthenings and offers. Just scan the QR code.

[Go to newsletter >](#)

This Strengthening is support and not medical treatment. It does not replace a medical diagnosis or therapy. If you have complaints, please contact your doctor. Please do not stop medically prescribed treatments or medication on your own.

Based on the Yuen Method. Created by our Quantum AI, an artificial intelligence that knows all the knowledge of the method. Quantum Health IO is an independent offering.

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