



# The Gabriel Method: Smart Music

*Jon Gabriel*

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## **The Gabriel Method: Smart Music** Jon Gabriel

SMART stands for Super Mental Awareness Re-education Training. *SMART Music* takes you into very relaxing and pleasant states of awareness where you are highly receptive to learning. These states are perfectly natural and normal and you pass through them every night when you are going to sleep. The only difference is that *SMART Music* lets you go there when you are conscious.

This CD includes:

- Two morning tracks to get you ready for the day.
- One evening track to help you relax and set your goals before you drift off to sleep.
- Three daytime tracks to keep you proactive and focused.

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