

## DEEP SLEEP + BODY REPAIR

Deep sleep · Body repair · 174 Hz solfeggio · Nervous system rest · Cellular regeneration · Physical healing · Rest + restore · Subconscious reprogramming · Deep healing · Nightly renewal

### DESCRIPTION:

This track contains 50 inaudible affirmations layered beneath soothing audio at 174 Hz — the lowest solfeggio frequency, associated with deep physical security, pain relief, and foundational rest. Your subconscious absorbs the affirmations while you sleep, reprogramming your body's relationship with rest and repair.

This subliminal contains only positive, present-tense affirmations. There are no negative words, no “don’t” or “not” statements — only language your subconscious can fully absorb and act on.

### HOW TO USE:

- Listen as you fall asleep — headphones optional but recommended
- Play at a comfortable, low volume
- Allow the track to play through completely
- Consistent nightly listening deepens results over time
- Headphones optional

### WHAT THIS SUBLIMINAL SUPPORTS:

- Falling asleep faster and staying asleep through the night
- Deep physical repair — cellular regeneration, immune support, inflammation reduction
- Nervous system downregulation into full rest-and-digest mode
- Releasing the day's tension, stress, and mental noise
- Waking up feeling genuinely restored

### FREQUENCY:

174 Hz is the lowest solfeggio frequency and is associated with deep physical security and pain relief, making it the ideal foundation for sleep and body repair.

### SPOKEN AFFIRMATIONS:

This transmission guides my entire body into deep, restorative sleep. Every breath slows me down. Every exhale pulls me deeper. My system powers down with ease.

I am safe to sleep. I am safe to let go completely. Nothing requires my attention right now. The day is done. I release it.

My nervous system shifts into rest and repair mode. The switch is automatic. My body knows exactly what to do when I close my eyes.

My breathing becomes slow and rhythmic. My lungs rise and fall effortlessly. Each breath is softer than the last. Each breath draws me deeper into stillness.

My brain waves slow down naturally. My mind transitions from waking to resting with complete ease. Thoughts dissolve like clouds. I let them pass. I drift deeper.

My muscles release every ounce of tension they carried today. My shoulders drop. My jaw softens. My hands open. My entire body melts into the surface beneath me.

My heart rate slows to its deepest resting rhythm. My heart beats with quiet steadiness. Each beat is calm. Each beat signals safety to every cell in my body.

My eyes grow heavy. My eyelids close with ease. Behind my eyes there is only darkness and peace. I welcome the dark. I rest in it.

My body enters its repair cycle now. Cells regenerate. Tissue heals. Inflammation reduces. My body does its deepest healing work while I sleep.

My immune system activates and strengthens as I rest. Sleep is medicine. My body produces exactly what it needs to heal, restore, and protect itself tonight.

My spine decompresses. My joints soften. My fascia releases. Every layer of my body unwinds and opens. I take up space. I let my body be heavy.

My digestive system rests and resets. My gut calms. My stomach softens. Everything I consumed today is processed with ease. My body extracts what it needs and releases the rest.

My cortisol levels drop to their lowest point. Stress hormones clear from my bloodstream. My chemistry shifts into deep restoration. My body has fully entered healing mode. Every system restores.

My temperature regulates for optimal sleep. My body finds its perfect resting state. I am neither too warm nor too cool. I am comfortable. I am held.

Melatonin flows through my system naturally. My circadian rhythm aligns. My body knows it is nighttime. My body knows it is time to rest. I welcome sleep fully. Sleep comes to me.

My neck releases. My scalp softens. My forehead smooths. The tension I carry in my face dissolves completely. My expression is soft. My face is at peace.

My dreams are safe. My subconscious processes the day with wisdom and care. I surrender to my dreams with trust. I welcome what comes. I release what goes.

I sleep through the night with ease. Anytime I stir, I return to sleep effortlessly. My body knows how to stay asleep. Every awakening leads me deeper into rest. I simply close my eyes and drift back down.

My blood oxygen levels optimize as I sleep. My circulation slows to a healing pace. Oxygen-rich blood reaches every organ, every tissue, every cell. My body is nourished from the inside while I rest.

Growth hormone releases as I enter deep sleep. My body rebuilds. My skin renews. My muscles recover. I wake up stronger than when I fell asleep.

Rest is freely mine. I deserve sleep simply because I exist. Sleep is essential and I give it to myself generously. I receive rest with open arms.

My hips release. My lower back softens. My legs grow heavy. My feet relax. From the crown of my head to the soles of my feet, every part of me surrenders to rest.

The noise of the day fades. Conversations dissolve. To-do lists disappear. Worries lose their grip. This moment belongs entirely to sleep. I surrender to it completely.

My parasympathetic nervous system is fully activated. My body is in its deepest state of rest and repair. Every system is functioning exactly as it should. My body runs this process beautifully on its own. I trust it completely.

I am grateful for this body that heals itself while I sleep. I am grateful for the intelligence built into every cell. I trust my body completely. I let it do what it was designed to do.

Tomorrow I will wake up feeling restored. My energy will be replenished. My mind will be clear. My body will feel lighter. Sleep is transforming me right now.

This identity is stable. I am a deep sleeper. I fall asleep with ease. I stay asleep through the night. I wake up restored. This is how my body operates. Maintenance is automatic.

For more healing meditations, subliminals, and spiritual transformation tools, visit:

[HealEverything.co](https://HealEverything.co)

Thank you for trusting me to support your transformation. You are powerful, worthy, and whole—this subliminal simply helps you remember what has always been true.

With love and light,

*Christina*

Found + Healer

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