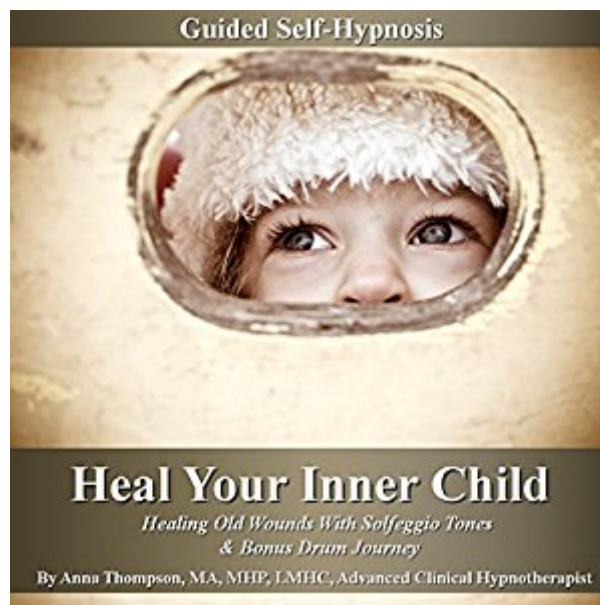




The book was found

Heal Your Inner Child Guided Self-Hypnosis: Healing Old Wounds With Solfeggio Tones & Bonus Drum Journey



Synopsis

This Heal Your Inner Child Guided Self-Hypnosis program was designed to assist the listener in gaining a solid sense of self, healing and reclaiming early, frozen aspects of the child self, and reclaiming energy, self-love and empowerment. Included you will find an introduction to hypnotherapy, a guided self-hypnosis track, an extended title specific affirmations track, a meditation track (partly guided, with Solfeggio frequencies) and as an extra bonus, an exciting and powerful drum journey, bodywork track using an alternate induction, hypnotic drum beats and posthypnotic suggestions related to healing your inner child. This drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body and spirit. Written & narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. Accomplish your goals and create the life you've always wanted starting today.

Book Information

Audible Audio Edition

Listening Length: 3 hours and 5 minutes

Program Type: Audiobook

Version: Original recording

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