



A Chakra Meditation

By Glenn Harrold

DIVINITI PUBLISHING, United Kingdom, 2007. CD-Audio. Book Condition: New. abridged edition. 140 x 124 mm. Language: English . Brand New. This high quality hypnotherapy CD combines powerful clinical hypnotherapy techniques with state of the art digital recording technology. This empowering CD will help the listener feel energised and uplifted by guiding you on a powerful healing journey through the 7 main energy centres of the body called the Chakras. You will hear angelic vocals and sounds tuned to the frequency of each chakra, while you visualise a healing process through each stage of the meditation. This process can also help to overcome disease, illness or discomfort by using the innate healing power within us all. Track 1 is a full 42 minute version, while track 2 is a 28 minute edited version of this powerful Chakra meditation. On both hypnotherapy sessions you will hear a pleasant English voice, angelic vocals and absorbing 60 bpm sound effects guiding you into a deeply relaxed state of mental and physical relaxation. In this very receptive relaxed state, you will be given a number of post-hypnotic suggestions and carefully layered affirmations. The background echoed affirmations pan from left to right in your headphones. This...



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**