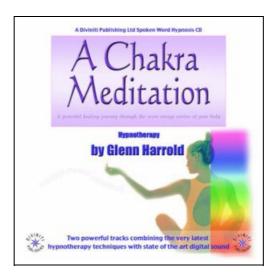
A Chakra Meditation



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Reviews

It in a of my personal favorite book. It is writter in easy terms and never hard to understand. Its been designed in an exceedingly easy way and it is only after i finished reading this publication by which in fact changed me, change the way i think.

(Lucinda Stiedemann)

A CHAKRA MEDITATION



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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 deeply relaxing method of delivering multiple suggestions simultaneously to the unconscious mind can facilitate positive changes very quickly. At the end of each track you will be grounded then gently brought back to full waking consciousness with a combination of suggestion and music. There are also a number of positive subliminal suggestions (listed on the inside cover), which are embedded in the fade out music and facilitate the overall effect. This powerful CD is a completely safe and very effective way of bringing about an uplifting feeling of health and well being in your mind, body and spirit.



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