



# **Forgive and Move On - Guided Self Hypnosis: Heal the Pain and Release Toxic Ties with Bonus Affirmations - Anna Thompson**

*Anna Thompson*

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This *Forgive and Move On* guided self-hypnosis program was designed to assist the listener in gaining a strong sense of self, releasing resentments and anger, self-healing aspects of the self that may still have pain, and releasing toxic ties from the past or from relationships. The hypnosis induction section features isochronic tones, which are a form of brainwave entrainment to help achieve deeper relaxation.

Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient 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 mind integration, 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.

Life is short, live it well.

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