



Heal Your Inner Child: Self-Hypnosis and Meditation

Erick Brown

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Are you looking for a way to speak to your inner child and comfort him or her? Do you wish you talk to the younger you and give them words of wisdom? No matter what age you are, we all have an inner child who needs love and nurturing, and you can start that healing now with this hypnosis program from Erick Brown.

Heal Your Inner Child will help you connect with and speak to your inner child so that you can give advice, love, and heal your past. Powerful suggestions for deep relaxation and positive change will be received by your mind, helping you to release from limiting thoughts and negative self-talk, filling you with healing energy, and giving you a platform to heal the child within.

Heal Your Inner Child includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change.

This audiobook contains three hypnosis tracks: One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

Also included in this audiobook are five subliminal chapters. These subliminal chapters are designed to be listened to at any time, day or night. Do not listen to them while operating a moving vehicle. They include "Deep Relaxation Meditation", "Drop the Inner Critic", "Brain Banding", "Laser Focus", and "Create the Powerful You".

Don't wait another day to speak to and comfort your inner child. Start healing your inner child now and move on from past hurts today.

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Carmen Russell:

A lot of people always spent their own free time to vacation or even go to the outside with them household or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent all day every day to reading a reserve. The book Heal Your Inner Child: Self-Hypnosis and Meditation it doesn't matter what good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. When you did not have enough space to deliver this book you can buy often the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book provides high quality.

Jordan Miller:

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