



Chakra Balance, Unblock & Realign with Universal Energy: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

Jupiter Productions

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This "Chakra Balance" program was designed to assist the listener in releasing thoughts and patterns that tend to block or inhibit each of the main chakras (root, sacral, solar plexus, heart, throat, third eye, and crown), and to gain positive thoughts geared towards enhancing the energy flow of those chakras.

Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, who we choose to surround ourselves with and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, our thoughts shape who we are, and ultimately what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example a mother may sleep soundly through thunderstorms and barking dogs yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal and won't diminish your results.

Narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist.

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From reader reviews:

Melinda Gregory:

In this 21st centuries, people become competitive in every single way. By being competitive at this point, people have do something to make these survives, being in the middle of typically the crowded place and notice by means of surrounding. One thing that often many people have underestimated that for a while is reading. That's why, by reading a publication your ability to survive increase then having chance to stand than other is high. For you personally who want to start reading a new book, we give you this particular Chakra Balance, Unblock & Realign with Universal Energy: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations book as beginner and daily reading guide. Why, because this book is more than just a book.

Jamey Norton:

Chakra Balance, Unblock & Realign with Universal Energy: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations can be one of your starter books that are good idea. We all recommend that straight away because this e-book has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to set every word into joy arrangement in writing Chakra Balance, Unblock & Realign with Universal Energy: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations however doesn't forget the main point, giving the reader the hottest along with based confirm resource data that maybe you can be certainly one of it. This great information may drawn you into brand-new stage of crucial contemplating.

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Thelma Davis:

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