



Soul Retrieval Self Hypnosis: Reclaim Your Spirit, Heal Old Wounds with Bonus Drum Journey

Anna Thompson

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This Soul Retrieval hypnosis program is designed to assist the listener in identifying, healing, and reclaiming lost parts of the spiritual, energetic, and emotional self. The hypnosis induction 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 soul retrieval, this drum journey is designed to get the listener out of their brain and back into the body. Many find this useful for releasing energy blocks and healing and integrating the mind, body, and spirit.

Written and narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. Accomplish your goals and create the life you've always wanted starting today. For more information about Anna Thompson, please visit www.askannathompson.com. Background music (hypnosis induction): Hypnotic TranceScapes Volume I - Mystical Forest, www.trancescapes.com, Copyright 2006 Transform Destiny, Inc. All rights reserved.

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