



A Chakra Meditation

Glenn Harrold

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A superb, high-quality hypnosis audio program combining skilled hypnotherapy techniques with state-of-the-art digital recording technology. This empowering audio will help the listener feel energized and uplifted by guiding you on a powerful healing journey through the seven main energy centers of the body, called the chakras. You will hear angelic vocals and sounds tuned to the frequency of each chakra while you visualize a healing process through each stage of the meditation. This process can also help you overcome disease, illness, or discomfort by using the innate healing power within us all.

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