



Heal Your Body

Glenn Harrold

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Overcome any disease, illness or discomfort by using the healing power of your own mind. This superb high quality hypnosis CD by Glenn Harrold will help you become your own self-healer. Developing a positive mindset towards illness or injury is crucial in helping the body to heal from illness or disease. Hypnotherapy is uniquely effective in programming the mind to overcome insecurity and anxiety and helping to develop a positive attitude in a safe and natural way, free of any harmful side effects. On both hypnotherapy sessions you will hear a pleasant voice and absorbing 60 bpm sound effects guiding you into a deeply relaxed state of mental and physical relaxation. In this very receptive relaxed state, you will be given a number of post hypnotic suggestions and carefully layered healing visualisations and affirmations. The background echoed affirmations pan from left to right in your headphones. This deeply relaxing method of delivering multiple suggestions simultaneously to the unconscious mind can facilitate positive changes very quickly. Track 2 includes a powerful Chakra balancing healing visualisation. At the end of each track you will be gently brought back to full waking consciousness with a combination of suggestion and music. There are also a number of positive subliminal suggestions (listed on the inside cover) that are embedded in the fade out music and facilitate the overall effect. This powerful CD is a completely safe and very effective way of helping you to heal any illness or disease by using the power of your mind.

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