



Let Go of the Past Hypnosis: Live in the Moment, Guided Meditation, Self-Help Subliminal, Binaural Beats

Rachael Meddows

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Finally find closure for events in your life that have caused blocks within you. Heal yourself from negativity and painful memories. Learn how to let go and live in the moment. You can release from negativity and find happiness in each moment by using Rachael Meddows Hypnosis.

Let Go of the Past will help you to release negative energy and past hurts from your life and detox your body and mind to make way for positive energy. Your subconscious mind will receive hypnotic suggestions for positive change that will allow you to let go of painful emotions and find closure in your life. Why spend another day dwelling in the past? You can let go of the past and find joy in your future by using hypnosis today.

Let Go of the Past includes an instructional track as well as 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. Approximately 20 minutes of relaxation induction. 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. Approximately 20 minutes of relaxation induction. And one containing a short induction that allows you to fall into a deep state of relaxation quickly. Great for those who are short on time or for those experienced in hypnosis and familiar with the induction process. Approximately 10 minutes of relaxation induction. Bonus Sleep Subliminal included as fifth track.

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