

Heal Your Inner Child, Reconcile & Mend Childhood Wounds: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations -Solfeggio Subliminals

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This *Heal Your Inner Child* subliminal solfeggio program - 639 Hz, 417 Hz - was designed to assist the listener in gaining perception and energy alignment related to healing the inner child, releasing emotional baggage from the past, and attending to unmet childhood needs.

This listening resource uses a combination of subliminal affirmations as well as sight-specific solfeggio frequencies. Each topic tends to be associated with certain energy centers (chakras) of the body. For example, topics related to forgiveness and love tend to be related to the heart chakra. Therefore the solfeggio frequencies, induction, and affirmations of that particular program will all be related to the heart chakra. The intention of this is to give the listener an integrated healing or expanding experience within the mind, body, and spirit through sympathetic vibration.

The first chapter is geared toward listeners who prefer a more interactive experience, as it features a meditative introduction, slightly audible affirmations, and a meditative conclusion. The second chapter features simply solfeggio frequencies with subliminal affirmations for those who prefer a more ambient or passive experience (to sleep, zone out, or listen to in the background). The third and fourth chapters feature in-depth overviews of the program and specific solfeggio/chakra descriptions. The fifth, final chapter features a new sleep induction track with white noise, sure to send you off to a peaceful night's rest.

When we become mindful of where we choose to place our attention, we become the masters of our own inner experiences. So sit back, relax, and enjoy the infusion of sacred sound, Eastern philosophy, and Western psychology with Subliminal Solfeggios!

Please note that this resource is not intended to diagnose, prevent, or treat any disease or illness. It is always advisable to seek help from a qualified health provider in the event of mental or physical illness.



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From reader reviews:

Christine McClellan:

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite publication and reading a guide. Beside you can solve your condition; you can add your knowledge by the publication entitled Heal Your Inner Child, Reconcile & Mend Childhood Wounds: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals. Try to the actual book Heal Your Inner Child, Reconcile & Mend Childhood Wounds: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals as your friend. It means that it can to be your friend when you really feel alone and beside those of course make you smarter than before. Yeah, it is very fortuned to suit your needs. The book makes you considerably more confidence because you can know every thing by the book. So, we should make new experience along with knowledge with this book.

Jodie Long:

The experience that you get from Heal Your Inner Child, Reconcile & Mend Childhood Wounds: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals will be the more deep you excavating the information that hide into the words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but Heal Your Inner Child, Reconcile & Mend Childhood Wounds: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals giving you enjoyment feeling of reading. The article writer conveys their point in particular way that can be understood by simply anyone who read the idea because the author of this book is well-known enough. This kind of book also makes your own vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having this particular Heal Your Inner Child, Reconcile & Mend Childhood Wounds: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals instantly.

Pearl Norris:

Reading a guide tends to be new life style in this era globalization. With studying you can get a lot of information that may give you benefit in your life. Using book everyone in this world can share their idea. Publications can also inspire a lot of people. Lots of author can inspire their reader with their story or even their experience. Not only the storyline that share in the ebooks. But also they write about advantage about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors on this planet always try to improve their ability in writing, they also doing some exploration before they write to the book. One of them is this Heal Your Inner Child, Reconcile & Mend Childhood Wounds: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals.

Linda Bryant:

Playing with family in a park, coming to see the sea world or hanging out with buddies is thing that usually you will have done when you have spare time, after that why you don't try point that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Heal Your Inner Child, Reconcile & Mend Childhood Wounds: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals, you could enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't understand it, oh come on its named reading friends.

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