



# **Zen Healing Guided Self-Hypnosis: Mind, Body, & Spirit Meditation with Solfeggio Tones & Affirmations - Anna Thompson**

*Anna Thompson*

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This "Zen Healing" hypnosis program was designed to assist the listener in gaining enhanced states of consciousness and self-healing through visualizations based upon the mindfulness principles of Zen.

This program consists of four chapters including an introduction, guided self-hypnosis, meditation, (partly guided, with ancient Solfeggio frequencies) and affirmations. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Written and narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist.

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