

METAPHYSICAL THERAPIES

Self-Hypnosis Series CD's

These CD's have been developed using the same ancient metaphysical wisdoms combined with modern hypnotherapy techniques that I use in personal sessions. Each CD has a self-contained hypnosis session which can be played at any time and is designed to be able to be used by itself when personal sessions are not accessible or as a supplement to reinforce personal sessions. I recommend that they be listened to at least six times over the course of a two week period to get the maximum benefit. Each has been tested, and they do work!

WEIGHT LOSS - TAKING CONTROL



This CD is designed to replace those old unhealthy eating patterns with new ones to help you gain back the body image and healthy lifestyle you would rather have. If you suspect that you have underlying emotional reasons for your overweight condition, you should seriously consider getting some personal sessions to heal those emotional wounds as part of your program to reducing your weight. This CD is designed to be a perfect companion to "Fat Cell Administration".

WALKING THE WALK OF THE MASTER



Since spiritual mastery is a state of mind, this recording is designed to replace those old obsolete patterns with new patterns which support your intention of moving into spiritual mastery. This 49 minute recording uses the vocabulary of the masters to plant the attributes, attitudes, and abilities that might

define the state of mind of a master deeply into your subconsciousness, replacing the notions of limitations and fear-based belief systems you no longer want. This is the best tool I know of to assist in this arduous task.

STOP SMOKING



This very special hypnotic recording is specifically designed to assist the committed quitter to become a permanent non-smoker. The carefully chosen word structures appeal to the sub-conscious mind and bring that powerful resource into play to help you win this difficult battle with one of the most addictive products we know of. You should listen to this recording at least 3 times per week for two weeks or longer. Especially effective when used in conjunction with personal beginning session(s).

DEEP SLEEP FOR STRESS INDUCED



INSOMNIA

Constant noise, pollution, streams of fear-inducing news, fragile relationships, demanding jobs - all these contribute to damaging stress which can rob you of your ability to get the ample deep sleep you need to maintain both your mental and physical health. This recording uses specially crafted vocabulary to help overcome the restless mind relax so you can get the sleep you need.

FAT CELL ADMINISTRATION



This CD guides you through an amazing journey to actually take charge of the fuel (fat) that your fat cells have stored in excess of your needs. You will journey into your body and communicate directly with your fat cells, gently instructing them to release their surplus "cargo". You will temporarily take an active role in deciding how much surplus body fuel to carry around.

PROSPERITY & ABUNDANCE



You deserve the very best that life has to offer, yet all too often a person may have one or more patterns of thought buried deep in his or her subconscious mind which deflects prosperity and abundance away from their life. This recording implants thought patterns of financial prosperity deep into your subconscious mind. With repeated listening, these new patterns will replace the unwanted patterns of poverty and lack that have impeded your life.

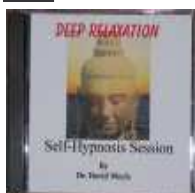
HEAL YOUR BODY



You have within you a powerful ability to heal yourself. It is possible to focus that healing ability on a specific part of your body that is diseased or injured. Using a powerful guided imagery, you are led on a journey into your body to communicate with your body and to guide the repair of the troubled part.

Please note: most diseases and dysfunctions are brought about by negative thoughts we have about ourselves. Failure to root out and change those negative thoughts will likely cause the disease or dysfunction to return, regardless of what means we use to get ourselves well.

DEEP RELAXATION



This short recording is designed to take you into a deep level of hypnotic relaxation. You can use this CD to train your mind and body to quickly and easily enter into a hypnotic trance to do your own self-hypnosis programming. It is also useful to discharge excess stress

or tension from a place of inner peace.

PLEASE USE FORM ON REVERSE SIDE TO ORDER

METAPHYSICAL THERAPIES
Self_Hypnosis Series CD's

ORDER
FORM

All CD's are \$20.00 each.

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TOTAL QTY

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