



Anxiety Free, Ease Your Stress & Worry: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations

Solfeggio Subliminals

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This anxiety-free subliminal Solfeggio program, 528 Hz, was designed to assist the listener in gaining perceptions and energy alignment related to gaining a sense of calm, peaceful empowerment and releasing anxiety and stress.

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 an in-depth overview of the program and specific Solfeggio/chakra descriptions.

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:

Jesse Williams:

The ability that you get from Anxiety Free, Ease Your Stress & Worry: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations will be the more deep you excavating the information that hide inside words the more you get thinking about reading it. It doesn't mean that this book is hard to recognise but Anxiety Free, Ease Your Stress & Worry: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations giving you enjoyment feeling of reading. The copy writer conveys their point in certain way that can be understood by means of anyone who read the item because the author of this e-book is well-known enough. That book also makes your own vocabulary increase well. So it is easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this particular Anxiety Free, Ease Your Stress & Worry: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations instantly.

Lamont Williams:

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Jason Cook:

People live in this new day of lifestyle always try and and must have the spare time or they will get great deal of stress from both day to day life and work. So , if we ask do people have spare time, we will say absolutely without a doubt. People is human not only a robot. Then we ask again, what kind of activity have you got when the spare time coming to an individual of course your answer can unlimited right. Then ever try this one, reading ebooks. It can be your alternative in spending your spare time, often the book you have read is definitely Anxiety Free, Ease Your Stress & Worry: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations.

Sandra Birk:

Reading can called imagination hangout, why? Because while you are reading a book specifically book entitled Anxiety Free, Ease Your Stress & Worry: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations your mind will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely can become your mind friends. Imaging each word written in a guide then become one web form conclusion and explanation this maybe you never get prior to. The Anxiety Free, Ease Your Stress & Worry: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations giving

you yet another experience more than blown away your mind but also giving you useful data for your better life in this era. So now let us demonstrate the relaxing pattern this is your body and mind will be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

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