



# **Open Your Heart: Guided Meditation to Increase Unconditional Love, Inner Peace and Spiritual Healing via Beach Hypnosis and Meditation**

*Vera Jones*

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How many times have you found yourself annoyed by or irritated with another person? The negative emotions associated with disliking or even hating someone can wreak havoc on your own emotional well-being. Feelings of anger, resentment, irritation, pain, and sadness can keep you at arm's length from a positive mood until those feelings subside - only to return again later if left unresolved.

What can we do to stop ourselves from letting our negative emotions take over, ruining any chance for a good mood? This guided meditation teaches you how to open your heart to unconditional love so that no one - not even that annoying coworker - can ruin your day. It is about 12 minutes long and is a part of the Beach Hypnosis and Meditation Series.

This audiobook includes seven different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session.

This audiobook includes the following seven beach settings:

1. Serenity on the Beach
2. Lakefront Home Private Shore
3. Quiet Reflection on the Beach
4. Gulf of Mexico Ocean Waves
5. Crashing Waves on Cliff
6. Ambient Oasis
7. Ocean Waves Crashing on Rocks

You can develop a positive attitude, a divine energy, and an open heart without changing your outside circumstances. It is how you change on the inside that will set everything else in your life in order.

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this new era is common not a geek activity. So what these guides have than the others?

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