



An Intuitive Touch

Guided Meditations & Self Hypnosis

EMBODY YOUR TRUEST SELF WITH
CLINICAL AND INTEGRATIVE
HYPNOTHERAPY & MEDITATION



What is offered:

Guided Meditation Audios :

- **Grounded:** *A visualization to help you feel back into your center and help you be more in your power in dealing with anything that comes your way in the day.*
- **Freedom:** *A meditation that will support mindful boundaries needed between you and others so that you can feel more free from energies that have held you back in any way.*
- **Sleep:** *A meditation that will help you relax into deep slumber so that you can be ready for your morning fresh and at your best*

Self Hypnosis Series:

- Inner Child Connection
- Meeting Your Spirit Guides
- Elevated You

Meditations and Hypnosis tracks are meant to be supplemental to therapeutic support and not mean to treat or cure any mental health issues alone. These tracks include binaural beats that often induce deep relaxation so be sure that they are used when you are not operating any machinery or doing anything else that will require your attention and focus as this could be dangerous while listening to these recordings. Please listen regularly for maximum benefit, in addition to therapy, to anticipate best results.

How to Connect

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