



Creating Inner Peace & Calm

Glenn Harrold

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Experience peace, love, and inner calm when you listen to this superb, high-quality hypnosis MP3 by Glenn Harrold. Connecting with an inner peace and overcoming stress and anxiety are easy when you know how. This hypnosis MP3 includes techniques that will help you to create a profound inner peace and calm in a safe and natural way, free of any harmful side effects.

This title features two hypnotherapy sessions. On both tracks you will hear a pleasant voice guiding you into a deep state of mental and physical relaxation. Hypnotic echoed background vocals pan from left to right across the stereo range. This deeply relaxing and unique effect will help you to relax further into the hypnotic trance state. You will also hear some 60 BPM digital sound effects and powerful subliminal suggestions that compound the therapeutic effect, leaving you to experience deep inner peace and natural calm.

Please note: The first track is for daytime use and will gently bring you back to full waking consciousness at the end. The second track has a sleep ending and will guide you into a peaceful sleep at the end, making it ideal for nighttime use.



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