

Obsession Release

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Wow! This works amazingly well! This frequency is reported to really take the edge off obsessive, compulsive thoughts, worries and behaviours. A good example is for those going through acute relationship stress or heart rending breakups. You can't stay at home pacing all day every day, wracked with worries and be 'ok'. If you are so distracted by your concerns that it is severely impacting your daily work and your critically important overall general feelings of well being, then you should really try this frequency! Try a minimum play time of 2 hours looped on its own and notice how much more grounded and centered you become. Notice how you start to get more control over all those scattered and agitated thought patterns AND notice how you start being able to actually focus on the things that actually matter the most and how easier it is to just let go and get on with your life. If there was one frequency I would not ever want to be without if I was suffering acute worry, it would be this one!

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