

Relax Emotions.wav

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Knotted up so badly by your emotions that you are starting to feel physically ill? Having a hard time sleeping? Sometimes when you experience so many negative emotions all happening at the same time it feels like you are caught in a storm with no way out and even if there was a way out, you feel so much turbulence going on that it would feel almost impossible just to orient enough to find it. Along with the other frequencies that support emotional calming, this one is designed explicitly to take the lid off the boiling pot and to turn down the boiling heat. When your physical body gets stressed your muscles become knotted, this chokes circulation and can literally lead to physical disease, degeneration, fatigue and a host of other health problems. Sadly, most people don't realize just how badly this can also happen when the same thing occurs in their emotions. Over time, with too much emotional stresses, the over all quality of your life suffers horribly. With this frequency, anticipate a soothing stimulation and releasing balancing energy being induced into those emotional knots! This frequency file is in WAV format and can be played with your media player on your computer or you can burn it to audio for CD playback. This file is a VERY high resolution pattern.

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