

Mp3 Nicole Vanderhoff - Chakra Meditation For Manifestation

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Chakra Meditation for Manifestation is an innovative way to attract more of what you want in life. The first track cleanses and balances each of the seven main chakras through an informative yet visual guided meditation. 2 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Nicole Vanderhoff is a Certified Hypnotherapist with a practice in Hollywood, CA. After she began incorporating crystals with her therapy practice, she discovered the singing crystal bowls and introduced these into her practice. The singing crystal bowls are made from quartz crystal and were specifically made to correspond to a particular chakra, color and musical note. (Everything IS truly interrelated.) To give you some more info on the bowls, they have a deep vibrating quality that brings clients deeper quicker and easier than traditional hypnosis and also allows for great healing to occur. While the body is in a trance like state, which is simply just bringing one from a Beta level brain wave to an Alpha or Theta level brain wave, the bodies natural defense mechanisms complete with serotonin and all those good healthy fighter cells increase. Nicole began incorporating chakra work with hypnosis and the bowls, and termed this innovative therapy Chakra Meditation for Manifestation. The idea to this is that Nicole can link any "issue", thought, feeling, intention or manifestation to one or more of your chakras based on her knowledge of the chakras on a physical, mental, emotional, and spiritual level. And so through hypnosis and the chakra work along with the bowls, she clears away anything you wish to get rid of on this energetic and mental level. Since everything at its core is energy anyway, Nicole felt it was more appropriate to work on an energetic level rather than just on a mental level that most hypnotherapist work on. This makes her practice much more effective. Along with this chakra clearing, she incorporates the Universal Spirit of Abundance into each of the chakras. This Creative, Loving, Abundant Power is the source of life and so as living, creative beings, we are able to give life to our intentions. So the Universal Spirit of Abundance is mixed with the intention you wish to manifest and is integrated within each of the chakras, until the Spirit of Abundance and the intention passed through the root chakra, the chakra of physical manifestation. This therapy is now being passed on to you at a fraction of the cost of a therapy session. Not only that,

but a one time small investment gives you countless amounts of sessions you can do in the comfort of your place and at the convenience of your own time. "Therapy doesn't get much more cost effective than this". For anyone interested in her services in the LA area, check out her website at trinitihealing.com. Getting this therapy in person has its advantage as Nicole tailors this therapy to your own individual needs.

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