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Deep Sleep Guided Self Hypnosis: And Sleeping Through Snoring with Bonus Meditation, Body Work and Affirmations Tracks

Anna Thompson

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This "Deep Sleep" guided self-hypnosis program was designed to assist the listener in getting to sleep and staying asleep, releasing worries, and achieving deeply relaxed states. Please note, the bodywork/drum journey chapter is better utilized prior to going to sleep, as a way to prepare the body and mind for sleep, as well as to release pent up stress energy. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies) and as an extra bonus, an exciting and powerful drum journey, bodywork track.

Using an alternate induction, hypnotic rhythm, and posthypnotic suggestions related to sleeping deeply, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body, and spirit.

Written and narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. Life is short. Live it well.

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