



# **Unleash Your Creative Potential: Guided Self-Hypnosis for Enhanced Artistic Performance & Writing Inspiration with Bonus Drum Journey**

*Anna Thompson*

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This guided self-hypnosis program was designed to assist the listener in achieving creative states of mind, getting in touch with their own inspiration, and gaining confidence in their creative endeavors. 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 an exciting and powerful drum journey bodywork track.

Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to unleashing your creative potential, 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. For more information about Anna Thompson, please visit <http://www.askannathompson.com>. Life is short. Live it well.

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