



# **Akashic Records Self Hypnosis: Divine Intuition & Universal Knowledge With Bonus Drum Journey & Solfeggio Tones**

*Anna Thompson*

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This Akashic Records guided hypnosis program was designed to assist the listener in achieving heightened states of consciousness, accessing their intuition, and getting in touch with universal wisdom. 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 drum beats and posthypnotic suggestions related to accessing the akashic records, 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.

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