

# R-E-S-P-E-C-T Yourself & Others Hypnosis

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## Synopsis

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inLanguage	english

Nurture yourself and your dreams instead of limiting yourself. Believe in yourself and others, and be supportive. Start truly respecting yourself and others today. Let Rachael Meddows show you how. *R-E-S-P-E-C-T Yourself and Others* removes self-defeating thoughts and negative blocks and replaces them with positive thinking and self-confidence. Your mind will receive deep hypnotic suggestions for positive change, helping you to remove limiting beliefs and that "critical factor", and increasing your positive energy and self-esteem. You are a wonderful person, and you deserve self-respect. *R-E-S-P-E-C-T Yourself and Others* includes an instructional track as well as three hypnosis tracks for you to choose from:

- One containing a short induction that allows you to fall into a deep state of relaxation quickly. Great for those who are short on time or for those experienced in hypnosis and familiar with the induction process. Approximately 10 minutes of relaxation induction.
- One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change. Approximately 20 minutes of relaxation induction.
- One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. Approximately 20 minutes of relaxation induction.

\*Bonus: Sweet Dreams is included as the fifth track.

## Reader's comments

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