

396hz Solfeggio Meditation.: Release Deep Rooted Feelings of Guilt, Fear Shame and Regret



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Reviews

This ebook could be well worth a study, and superior to other. It really is basic but unexpected situations inside the 50 % of your ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Prof. Buford Ziemann)

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DIVINITI PUBLISHING, United Kingdom, 2011. CD-Audio. Condition: New. Language: English . Brand New. This is one of a series of six meditation recordings by Glenn Harrold and Ali Calderwood, which are based upon the ancient solfeggio musical scale. Each note in this scale has specific healing properties and this recording uses the first note, which resonates to a frequency of 396hz. This particular frequency works to release deep rooted feelings of guilt and fear and will also work with other similar emotional patterns such as shame, regret, self-doubt and low self-esteem all of which exist within the same vibrational energy. Glenn Harrold s skilled vocal delivery and guided meditation combined with Ali Calderwood s deep and moving soundscapes tuned to 396hz combine to create an amazingly powerful meditation recording that has the potential to clear away blocks on a cellular level. This recording can help you to release hidden layers of guilt, fear, shame and regret that are stored in your cellular memory and energetic fields. This title was created with much care and love and it has the potential to become one of Glenn s most effective recordings from his best-selling hypnosis and meditation series. About the Ancient Solfeggio Scale and Healing Sounds: Modern science is now beginning to recognise what the ancient mystics throughout time have been saying; that everything is in a constant state of vibration, and therefore everything that is vibrating has a sound (even if it s not audible). Everything also has its own optimum rate of vibration, and this is called resonance. When we are in resonance, we are in balance and harmony with creation. Emotions and mental states also have their own optimum resonance and with the recognition that every organ, and every cell, absorbs and emits sound, we can therefore understand how...



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