



# Energy Boost Guided Self Hypnosis: Restore Chi, Cleanse & Protect Energetic Vitality with Bonus Drum Journey

*Anna Thompson*

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This "energy boost" guided self-hypnosis program was designed to assist the listener in releasing stress, tension, and fatigue, restoring and boosting natural energy, or chi, and protecting that energy in everyday life. 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 mind integration, 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. It is written and narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist.

For more information about Anna Thompson, please visit [www.askannathompson.com](http://www.askannathompson.com). Life is short, live it well.

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