



# **Awaken Your Inner Goddess Guided Self-Hypnosis: Love & Embrace Your Divine Feminine Nature with Solfeggio Meditation**

*Anna Thompson*

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This *Awaken Your Inner Goddess* hypnosis audiobook was designed to assist listeners in getting in touch with their divine feminine nature, increasing confidence, releasing stereotypes and common female-related shame, and getting in touch with their own unique goddess energy.

This program consists of four chapters, including an introduction, guided self-hypnosis, meditation (partly guided, with ancient Solfeggio frequencies), and affirmations. The hypnosis induction features isochronic tones, which are a form of brain-wave entrainment to help achieve deeper relaxation.

Written & narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist.

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