



Spiritual Cleanse: Detox the Mind, Body and Spirit with Hypnosis via Beach Hypnosis and Meditation

Dr. William White

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You may have heard how great detoxing your body can be for your health, but the same can be said about detoxing your mind. A spiritual cleanse that detoxes the mind, body, and soul can help to heal emotional wounds, declutter the mind, and clear away accumulated baggage. This hypnosis is designed to guide you through a spiritual detox - one where you can unload your troubles, declutter, unwind, and let go of any negative emotions. It is 17 minutes long and is a part of the Beach Hypnosis and Meditation Series.

This audiobook includes seven different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session.

This audiobook includes the following seven beach settings:

1. Serenity on the Beach
2. Lakefront Home Private Shore
3. Quiet Reflection on the Beach
4. Gulf of Mexico Ocean Waves
5. Crashing Waves on Cliff
6. Ambient Oasis
7. Ocean Waves Crashing on Rocks

You can free your mind from unwanted thoughts - and your heart from unwanted emotions. This session will help you press the reset button on your spirit, so that you can heal, recharge, and revive your being.

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