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Housework Motivation Guided Self-Hypnosis: Clean, Organize & Enjoy Your Home with Bonus Affirmations

Anna Thompson

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This "housework motivation" guided self-hypnosis program was designed to assist the listener in gaining a positive mental connection with household chores and increased motivation to clean up and create a sanctuary within the home. 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 an exciting and powerful drum journey bodywork track. Using an alternate induction, hypnotic drum beats and posthypnotic suggestions related to housework motivation, 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. Written and narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. For more information about Anna Thompson, please visit http://www.askannathompson.com. Life is short, live it well.

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