

**STAY HEALTHY AND WELL (SELF-HYPNOSIS &
MEDITATION)**

Nichole B. Wetherbee

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Inside of this podcast episode, I'm going to give you both the theory and the practices to quantum leap into your next level-STAT! The drawing showed how urine was sent from the kidneys to the bladder.

Don't force yourself to think about it and it will be much easier. It brings cla

The process of hypnosis involves entering a trance, or a deeply relaxed, but focused state like that of daydreaming or meditation and making suggestions for your subconscious mind to accept. Moodpath is your pocket-sized mental health companion. Android : Free.

In addition to the hypnosis tracks, we have included a bonus track. Based on the work of Sigmund Freud - the human mind can be split into three distinct areas of consciousness; the conscious, subconscious and unconscious.