



The Integrated Mind: Uncover Shadow Archetypes & Heal Your Dark Side With Bonus Drum Journey

Anna Thompson

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This *Integrated Mind* self-hypnosis program was designed to assist the listener in identifying, working with, and reclaiming unconscious shadow parts, projections, and repressed aspects of the self in order to release unwanted patterns, behaviors and beliefs, and to reclaim the whole self. 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.

Written & narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist.

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