



# **Positive Thinking - Build & Expand Your Optimistic Attitude: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals**

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Description: This “Positive Thinking” Subliminal Solfeggio program 852 Hz (script for audio version reference)...was designed to assist the listener in gaining perceptions and energy alignment related to increasing optimism and positive thinking patterns, to meet personal goals and aspirations.

This listening resource uses a combination of subliminal affirmations as well as sight-specific Solfeggio frequencies. Each topic tends to be associated with certain energy centers (Chakras) of the body. For example, topics related to forgiveness and love tends to be related to the heart chakra. Therefore the Solfeggio frequencies, induction and affirmations of that particular program will all be related to the heart chakra. The intention of this is to give the listener an integrated healing or expanding experience within the mind, body and spirit through sympathetic vibration.

The first chapter is geared towards listeners who prefer a more interactive experience as it features a meditative introduction, slightly audible affirmations and a meditative conclusion. The second chapter features simply Solfeggio frequencies with subliminal affirmations for those who prefer a more ambient, or passive experience (to sleep, zone out or listen to in the background). The third and fourth chapter features an in depth overview of the program and specific solfeggio/chakra descriptions.

When we become mindful of where we choose to place our attention, we become the masters of our own inner experiences. So sit back, relax and enjoy the infusion of sacred sound, eastern philosophy, and western psychology with Subliminal Solfeggios!

\*Please note that this resource is not intended to diagnose, prevent or treat any disease or illness. It is always advisable to seek help from a qualified health provider in the event of mental or physical illness.

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