



# Release the Past, Liberate Yourself Today: With Hypnosis, Meditation, and Subliminal Relaxation Techniques

*Rachael Meddows*

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## **Release the Past, Liberate Yourself Today: With Hypnosis, Meditation, and Subliminal Relaxation Techniques** Rachael Meddows

Liberate yourself from your past, find closure, and move on to the healthy and positive future you deserve. Today is the day to let go of any past baggage and let yourself heal. Let Rachael Meddows show you how with this soothing hypnosis and guided meditation program.

Your hypnosis script is designed for people who want to create their own hypnosis recordings (for personal use only). Each script is an easy-to-use guide that can be tailored to all different types of people, no matter your hypnosis experience.

There are three main parts to each script: the induction, hypnosis patter, and endings. We have included both "sleep" and "wake" endings for each script for your convenience. The induction is a unique version of a beach induction, designed to relax your body and mind deeply and prepare you for your hypnosis session. The hypnosis patter is unique to each program, tailored to specific topics.

Release the past today with hypnosis from Rachael Meddows, and liberate yourself!

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