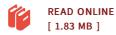




# 396hz Solfeggio Meditation.: Release Deep Rooted Feelings of Guilt, Fear Shame and Regret

By Glenn Harrold, Ali Calderwood

DIVINITI PUBLISHING, United Kingdom, 2011. CD-Audio. Condition: New. Language: English . Brand New. This is one of a series of six meditation recordings by Glenn Harrold and Ali Calderwood, which are based upon the ancient solfeggio musical scale. Each note in this scale has specific healing properties and this recording uses the first note, which resonates to a frequency of 396hz. This particular frequency works to release deep rooted feelings of guilt and fear and will also work with other similar emotional patterns such as shame, regret, self-doubt and low self-esteem all of which exist within the same vibrational energy. Glenn Harrold s skilled vocal delivery and guided meditation combined with Ali Calderwood s deep and moving soundscapes tuned to 396hz combine to create an amazingly powerful meditation recording that has the potential to clear away blocks on a cellular level. This recording can help you to release hidden layers of guilt, fear, shame and regret that are stored in your cellular memory and energetic fields. This title was created with much care and love and it has the potential to become one of Glenn s most effective recordings from his best-selling hypnosis and meditation series. About the Ancient Solfeggio...



## Reviews

Very helpful to any or all category of folks. It is writter in simple phrases rather than difficult to understand. Its been developed in an exceptionally simple way and is particularly just after i finished reading this pdf in which basically transformed me, modify the way in my opinion.

-- Hank Runte

Very good e book and helpful one. it was writtern quite properly and helpful. I am quickly could possibly get a enjoyment of looking at a composed book.

-- Connor Lowe IV

## Other eBooks



#### Is It Ok Not to Believe in God?: For Children 5-11

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English. Brand New Book
\*\*\*\*\* Print on Demand \*\*\*\*\*\*. A short story about an 8 year old girl called Tia, who is bullied at school because she...



Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life (Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Self Esteem for Women 10 Principles for building self confidence and how to be happy in life (free living, happy...



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



## Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



## **Guess How Much I Love You: Counting**

Walker Books Ltd. Board book. Book Condition: new. BRAND NEW, Guess How Much I Love You: Counting, Sam McBratney, Anita Jeram, This is a winsome introduction to counting by the author and illustrator of "Guess How Much I Love You". Count from...



# That's Not Your Mommy Anymore: A Zombie Tale

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, That's Not Your Mommy Anymore: A Zombie Tale, Matt Mogk, Aja Mulford, GHOULISHLY CHARMING ILLUSTRATIONS BRING TO LIFE A HAUNTINGLY ENGROSSING STORY In the ongoing effort to warn an unprepared world of the rising...