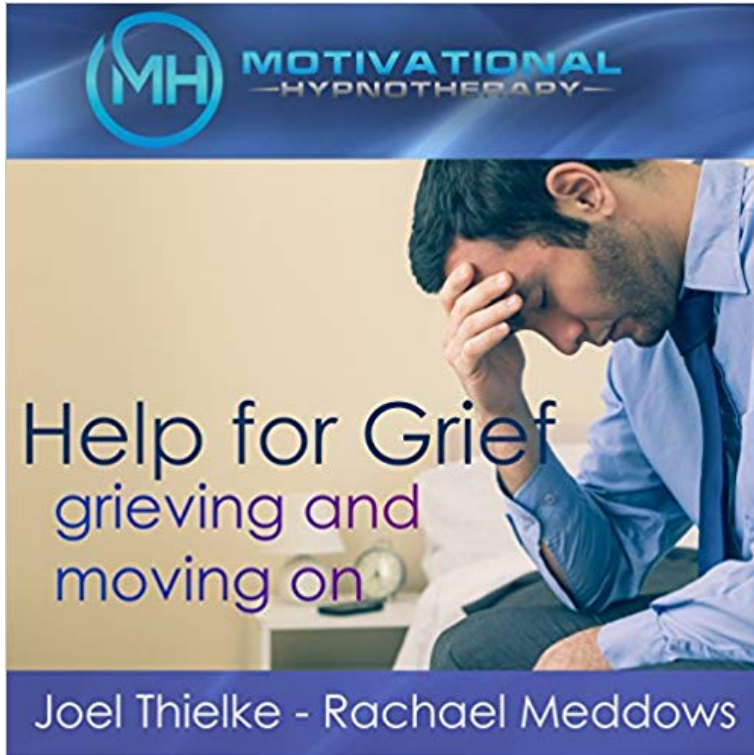


# Help for Grief, Grieving and Moving On - Hypnosis, Meditation and Music



Help move the grieving process on and find closure with your grief. With this powerful hypnosis and meditation script, get the help you need to overcome grief and create healing energy in your life. Motivational Hypnotherapy and Rachael Meddows have combined their talents and years of hypnotherapy experience to create a one-of-a-kind program that will specifically help you deal with grief in a healthy way. Over 2 million downloads have been sold! With this script, you will be well on your journey to positive change. Hypnosis is an incredibly powerful tool, and we know you'll see results. This hypnosis script is designed for people who want to create their own hypnosis recordings for personal use only. It is an easy-to-use guide that can be tailored on a person-to-person basis. There are three main parts to the script: the induction, hypnosis pattern, and endings. Both sleep and wake endings for your convenience. We have included two induction options for you, the Garden Induction and Staircase Induction. The Garden Induction is an original induction that takes the reader through a soothing garden and is wonderful for deep relaxation. The Staircase Induction is a unique version of the standard staircase induction used by many professional hypnotherapists. The entire script is intended to be delivered in normal tone with normal breathing, making sure to honor the pause breaks for at least 15 seconds or longer. We have also included affirmations that will benefit you as you go through your hypnosis session. You can get the help you need today with the power of hypnosis.

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