

Just Believe It! *and it will happen...*

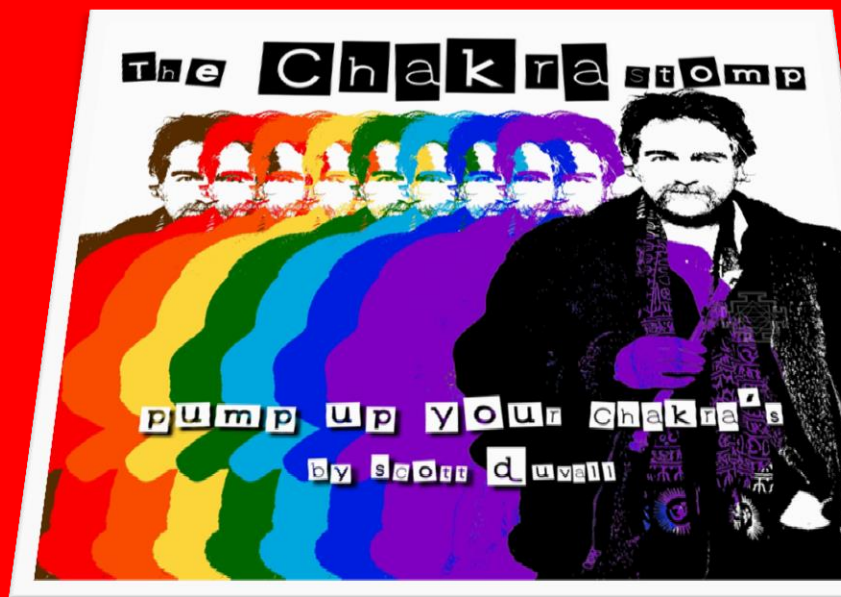
Our thoughts and habits are controlled by the beliefs we have learned from our environment starting from the moment of conception. Many of these beliefs work positively for us but many of them hold us back from having the life we truly desire. At pdxhypnosis.com Scott Duvall CHt. NLP uses multiple methods of mind management science to help you change or eliminate old outdated beliefs and to instill new updated beliefs that modify your ability to have the life, health and abundance you do want.

Because there are things that you would like to have or achieve in life, but for some reason or reasons you just haven't attained them yet, you'll want to call Scott Duvall for information on private sessions or details on up and coming group workshops on engineering powerful beliefs at 503 238-4428 or contact him through his website at www.pdxhypnosis.com.

New CD Release

Within our bodies we have energy meridians called chakra's which contribute to our physical, mental and spiritual health. When our chakras are circulating freely and in balance they give us the energy we need for a healthy, happy and abundant life. Throughout history mankind has used various techniques to balance and enhance our chakra system like Meditation, Yoga, Chi Kung, Visualization, Mantras or vocalized Affirmations and energy healing like Reiki. In this musical meditation for chakra enhancement called **The Chakra Stomp** we will be energizing the traditional Nine Chakra System utilizing a unique blend of these ancient and effective

techniques. Each one of these chakra energy meridians regulates various functions of our energy body and glandular secretions and has a particular vibration that corresponds with like energy vibrations of specific colors, musical tones and vowel sounds.



Most meditations for chakra enhancement are slow, subtle and tranquil but The Chakra Stomp is a bit more assertive and is design to excite each chakra in a way that stimulates them to their maximum healthy opening. It's important that at the end of this meditation to physically gather the excess energy back down from your crown chakra through the solar plexus chakra and store it in what the Taoist call the Tan-Tien which is between the sacral and solar plexus chakra under the belly button. It's

also important to isualize each chakra closing back down to the perfect balanced position, not to open and not to closed, like visualizing a beautiful healthy flower at its perfect point of bloom. Breathe in and out and feel your connection to heaven and earth.

Because The Chakra Stomp is an assertive chakra activation exercise it is recommended that you only do this meditation once a week.

The Chakra Stomp

Order on line today at

<http://www.pdxhypnosis.com/Self-HelpAudiopresentations.html>

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