



# **Quit Smoking: Become a Non-Smoker Today, Self Help: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations - Solfeggio Subliminals**

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*Solfeggio Subliminals*

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This *Quit Smoking* Solfeggio Subliminals program, 639 Hz, was designed to assist the listener in gaining thoughts and perceptions related to living a healthy, smoke-free lifestyle and releasing smoking addiction.

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 tend 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 toward 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 chapters feature an in-depth overview of the program and specific solfeggio/chakra descriptions, and the fifth, final chapter features a new sleep induction track with white noise, sure to send you off to a peaceful night's rest.

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 Solfeggio Subliminals!

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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**Bruce Smith:**

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