



La mente, el Cuerpo, y el Espíritu Colección Española de Hipnosis [Mind, Body, and Spirit Spanish Hypnosis Collection]

Erika Perez

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This Spanish Hypnosis Collection, *Mind, Body & Spirit*, is a new collection of scripts from certified hypnotherapist Erika Perez. This collection of scripts entirely in Spanish has been created to improve your health, clarity, and spirit and include the following scripts:

- Activa tus Chacras (Balance Your Chakras)
- Sueños Lucidos (Lucid Dreaming)
- Aprendizaje Rapido (Super Speed Learning)
- Proyeccion Astral (Astral Projection)
- Pensamiento Positivo (Positive Thinking)
- Sueño Profundo (Deep Sleep)

In this hypnosis book are two different inductions, a beach induction and a staircase induction. Each script has an ending already attached for your convenience.

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