



Inspired and Creativing Writing: Self-Hypnosis and Meditation

Erick Brown

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Do you wish you could access unlimited inspiration and creativity in your writing? Is there a writer inside of you just waiting to break out and start creating? Get inspired and start a steady flow of writing with this hypnosis program from Erick Brown.

Inspired and Creative Writing will speak to your super conscious mind, clearing barriers that are blocking your creativity and creating a flow of inspiration. Powerful suggestions for deep relaxation and positive change will be received by your mind, opening your mind for inspiration, increasing your self-esteem, and helping you to nurture your writing instead of judging it.

Inspired and Creative Writing includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change.

This audio book contains three hypnosis tracks: One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation. In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

Also included on this audio book are five subliminal chapters. These subliminal chapters are designed to be listened to at any time, day or night. Do not listen to them while operating a moving vehicle.

Don't let your creativity stay blocked another day. Unleash inspiration and let your creative writing flow today!

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