

meditation to win the lottery

meditation to win the lottery is a concept that combines mindfulness practices with the human desire for financial success and abundance. While winning the lottery is often seen as a game of chance, many individuals explore meditation as a method to enhance focus, attract positive energy, and align their mindset with prosperity. This article delves into how meditation can influence one's mental state, improve decision-making skills, and possibly increase the likelihood of manifesting wealth. Additionally, it will explore various meditation techniques specifically aimed at cultivating abundance and the law of attraction principles. By understanding these methods, readers can develop a structured approach to meditation that supports their goals of financial gain. The following sections will provide a comprehensive overview of meditation practices linked to winning the lottery and practical steps to implement them effectively.

- Understanding Meditation and Its Impact on Mindset
- Meditation Techniques to Attract Wealth and Prosperity
- The Role of Visualization in Lottery Success
- Incorporating Affirmations into Meditation Practices
- Scientific Perspectives on Meditation and Luck
- Practical Steps to Begin Meditation for Lottery Goals

Understanding Meditation and Its Impact on Mindset

Meditation is a mental practice that involves focusing attention and eliminating distractions to achieve a state of calm and clarity. When applied to financial goals, such as winning the lottery, meditation helps to foster a positive and open mindset. This mental state is crucial for recognizing opportunities and making decisions that align with prosperity. Meditation to win the lottery is not about guaranteeing a win but preparing the mind to be receptive to success and abundance.

The Connection Between Mindset and Financial Success

A positive mindset is essential for attracting wealth because it influences behavior, motivation, and the ability to recognize opportunities. Meditation encourages the development of mental habits that support confidence, patience, and resilience, which are all valuable traits when pursuing financial goals like lottery winnings.

How Meditation Reduces Stress and Improves Focus

Stress can cloud judgment and lead to impulsive decisions, while meditation helps reduce stress hormones and promotes mental clarity. Improved focus allows individuals to strategize better, analyze patterns, and make more informed choices when selecting lottery numbers or managing finances.

Meditation Techniques to Attract Wealth and Prosperity

Various meditation techniques are designed to align the practitioner's energy with abundance and attract financial success. These methods combine mindfulness with the law of attraction principles, emphasizing intentionality and belief in positive outcomes.

Mindfulness Meditation for Financial Awareness

Mindfulness meditation cultivates present-moment awareness, enabling practitioners to observe their thoughts and emotions related to money without judgment. This awareness helps identify limiting beliefs and replace them with empowering ones, creating a healthier relationship with wealth.

Guided Meditation Focused on Abundance

Guided meditations often involve listening to a facilitator who leads the participant through visualizations and affirmations centered on prosperity. This structured approach can help maintain focus and deepen the emotional connection to financial goals, including winning the lottery.

Chakra Meditation to Balance Financial Energy

Chakra meditation targets energy centers within the body, particularly the sacral and solar plexus chakras, which are associated with creativity and personal power. Balancing these chakras may enhance one's ability to attract money and opportunities.

The Role of Visualization in Lottery Success

Visualization is a powerful tool within meditation to win the lottery that involves creating vivid mental images of desired outcomes. This technique helps program the subconscious mind to work towards achieving specific goals.

Creating Detailed Mental Images

Effective visualization involves imagining the experience of winning the lottery in as much detail as possible. This includes the feelings, environment, and subsequent actions taken after success. The more realistic the visualization, the stronger its impact on the subconscious.

Consistent Visualization Practices

Regularly practicing visualization during meditation sessions reinforces positive beliefs and maintains motivation. Consistency is key to reprogramming thought patterns and aligning behavior with lottery-winning intentions.

Incorporating Affirmations into Meditation Practices

Affirmations are positive statements that affirm desired outcomes and are often integrated into meditation sessions to strengthen belief systems. When used with meditation to win the lottery, affirmations can help overcome doubts and reinforce confidence.

Examples of Effective Affirmations

- "I am attracting wealth and abundance effortlessly."
- "I am open to receiving unexpected financial blessings."
- "My intuition guides me to the winning numbers."
- "I deserve to experience financial freedom and success."

Techniques for Using Affirmations During Meditation

Affirmations can be silently repeated, chanted, or mentally visualized during meditation. Combining them with deep breathing and relaxation enhances their effectiveness, allowing the subconscious mind to absorb the positive messages thoroughly.

Scientific Perspectives on Meditation and Luck

While winning the lottery is largely a matter of chance, scientific studies have demonstrated that meditation positively affects various cognitive and emotional factors that can influence decision-making and perception of luck.

Improved Cognitive Function and Decision-Making

Meditation has been shown to improve attention, memory, and executive functions. These enhancements can lead to better strategic planning and risk assessment when participating in games of chance like the lottery.

Enhanced Emotional Regulation and Optimism

By reducing anxiety and promoting emotional balance, meditation fosters a more optimistic outlook. Optimism is linked to increased motivation and persistence, traits that can encourage consistent participation and belief in eventual success.

Practical Steps to Begin Meditation for Lottery Goals

Starting a meditation practice aimed at winning the lottery requires intention, discipline, and an open mind. Implementing structured routines can maximize the benefits of meditation for financial aspirations.

Setting Clear Intentions

Clarifying the purpose of meditation helps focus the mind and directs energy toward specific outcomes. Setting intentions related to financial abundance and lottery success creates a framework for practice.

Creating a Dedicated Meditation Space

Having a quiet, comfortable area dedicated to meditation minimizes distractions and supports regular practice. This space should evoke a sense of calm and positivity.

Establishing a Consistent Routine

Consistency is critical for meditation effectiveness. Scheduling daily or frequent sessions, even if brief, builds momentum and deepens the connection to financial goals.

Combining Meditation with Practical Lottery Strategies

While meditation enhances mindset and focus, combining it with practical strategies such as researching lottery statistics, playing responsibly, and managing expectations is essential for a balanced approach.

1. Choose a quiet time and place for meditation.
2. Begin with deep breathing exercises to relax.
3. Use guided meditations or scripts focused on abundance.
4. Incorporate affirmations and visualization techniques.
5. Reflect on any insights or intuitive feelings that arise.

6. Maintain a journal to track progress and experiences.

Frequently Asked Questions

Can meditation help increase my chances of winning the lottery?

While meditation cannot directly influence lottery outcomes, it can help improve your focus, reduce stress, and enhance your decision-making, which may positively impact your overall mindset.

What type of meditation is best for attracting wealth or lottery wins?

Visualization meditation, where you imagine yourself winning and experiencing abundance, is often recommended for attracting wealth and positive outcomes.

How often should I meditate if I want to use it to improve my luck with the lottery?

Consistency is key; meditating daily for 10-20 minutes can help maintain a positive mindset and openness to opportunities.

Are there any specific affirmations to use during meditation to manifest lottery winnings?

Yes, affirmations like 'I am attracting wealth and abundance' or 'I am open to receiving unexpected financial blessings' can be used to reinforce positive intentions.

Can meditation help me make better lottery number choices?

Meditation can enhance intuition and clarity, which might help you feel more confident in your number choices, but it does not guarantee winning numbers.

Is it scientifically proven that meditation can influence lottery outcomes?

No, there is no scientific evidence that meditation can influence the randomness of lottery draws, but it can improve mental well-being and reduce anxiety.

How does meditation affect my mindset about money and luck?

Meditation promotes a positive and calm mindset, which can reduce limiting beliefs about money and increase your openness to opportunities and luck.

Can group meditation sessions increase the chances of winning the lottery?

Group meditation can amplify positive energy and focus, but there is no guarantee it will affect lottery results; it mainly benefits collective intention and morale.

Should I combine meditation with other techniques to improve my chances of winning the lottery?

Combining meditation with practical strategies like budget management and responsible playing can create a balanced approach to financial goals, though winning the lottery remains a game of chance.

Additional Resources

1. *The Mindful Millionaire: Meditation Techniques to Attract Wealth*

This book explores how mindfulness and meditation can shift your mindset towards abundance and prosperity. It offers practical guided meditations designed to help you develop a positive relationship with money. By cultivating focus and clarity, readers learn to recognize and seize opportunities that could lead to financial windfalls such as winning the lottery.

2. *Manifesting Luck: Meditation Practices for Lottery Success*

Discover how to harness the power of meditation to align your energy with luck and fortune. This book provides step-by-step meditation exercises that encourage visualization and intention-setting specifically aimed at winning the lottery. It emphasizes the importance of belief, patience, and consistent practice to manifest your financial dreams.

3. *Abundance Meditation: Unlocking the Lottery Winner Within*

A comprehensive guide to using meditation as a tool for attracting abundance into your life, including lottery winnings. The author explains how to release limiting beliefs and cultivate a mindset that welcomes prosperity. Through daily meditation routines, readers are taught to enhance their intuition and increase their chances of financial success.

4. *Lottery Mindset Mastery: Meditative Paths to Financial Breakthroughs*

This book focuses on mastering the mental attitudes necessary to increase your chances of winning big. It combines meditation techniques with affirmations and visualization to reprogram your subconscious mind for wealth attraction. Readers will learn how to reduce stress and maintain focus, creating an optimal mental environment for luck to flourish.

5. *The Zen of Winning: Meditation Secrets for Lottery Players*

Blending ancient Zen principles with modern meditation practices, this book offers unique insights into cultivating calm and confidence as a lottery player. It teaches how to detach from desperation and develop a relaxed state that invites lucky outcomes. The meditations included are designed to enhance intuition and decision-making in choosing lottery numbers.

6. *Prosperity Pathways: Meditation and Mindset for Lottery Fortune*

Explore the connection between mental clarity and financial fortune with this guide to prosperity-focused meditation. The book guides readers through transformative exercises that align their thoughts and emotions with wealth

attraction. Emphasis is placed on gratitude, visualization, and releasing scarcity mindsets to open the door to lottery success.

7. Winning Numbers Within: Meditation for Lottery Manifestation

This book delves into the practice of meditation as a way to tune into your inner guidance when selecting lottery numbers. It encourages readers to listen to their intuition and cultivate a strong belief in their ability to win. With practical meditation scripts and mindset tips, it aims to empower readers to manifest their lottery dreams.

8. Luck Activation: Meditative Techniques to Enhance Lottery Chances

Luck Activation offers a series of meditations designed to raise your vibrational energy and attract fortunate outcomes. The author explains how consistent meditation can remove mental blocks and open pathways to unexpected financial gains. Readers will find techniques to boost confidence, reduce anxiety, and invite luck into their lives.

9. From Meditation to Millions: A Spiritual Approach to Winning the Lottery

This book combines spirituality and meditation to create a holistic approach to lottery success. It encourages readers to connect with their higher selves and the universe to co-create wealth and abundance. Through guided meditations and spiritual exercises, the author provides tools for manifesting lottery winnings with intention and faith.

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INTRODUCTION SHE USED THE LAWS OF ATTRACTION TO WIN WHAT WILL THIS BOOK DO FOR ME? (TIP #1) HOW MUCH MONEY DO YOU WANT TO WIN? (TIP#2) THINK OF WINNING THE LOTTERY AS..... (TIP #3) HOW TO INCREASE YOUR ODDS OF WINNING (TIP #4) HOW TO INSPIRE YOUR SUBCONSCIOUS MIND (TIP #5) 3 BELIEFS THAT WILL ACCELERATE YOUR LOTTERY JACKPOT WIN! (TIP #6) HOW TO CREATE A STRONG VISUALIZATION TO WIN A LOTTERY JACKPOT! PRE MEDITATION PREPARATION TIPS (TIP #7) LOTTERY WINNER MEDITATION STEP BY STEP (TIP #8) KNOW YOUR LUCKY LOTTERY DAYS BEFORE YOU PLAY 5 VISUALIZATION EXERCISES FOR BEGINNERS 5 OUT OF 6 NUMBERS LOTTERY MATCH! HOW DOES THIS LAW OF ATTRACTION STUFF WORK? INTRODUCTION Thank you for your purchase of this book. You have made a very wise decision. My name is Stephanie Miracle, otherwise known as Odyssey. I am a Twin Flame. That means I have a Twin Soul that is being guided towards me in this life. In my Twin Flame journey I learned a lot about life, and manifesting ...I would like to share my findings and experiences with you. You can win the lottery, when you know how to do it, and know that you can do it! SHE USED THE LAWS OF ATTRACTION TO WIN In 2007 a Woman by the name of Cynthia Stafford Won \$112 Million dollars in the lottery. Here are her own words about the day she won the Lottery Jackpot!

meditation to win the lottery: Win the Lottery Using Psychic Powers C. Gareth Wynn-Williams, 2009

meditation to win the lottery: *The Complete Idiot's Guide to Meditation* Joan Budilovsky, 1998-12-01 You're no idiot, of course. Sometimes you just want to relax, clear your head, rest your aching muscles, and rejuvenate your weary soul. You've heard meditation is a great stress reliever, but sometimes it seems so complicated it makes you downright uptight. Relax! Meditation is easy to learn-especially if you rely on *The Complete Idiot's Guide® to Meditation*, as you follow the path to inner peace. In this *Complete Idiot's Guide®*, you get: --Zen techniques, including guided imagery and mindfulness, to help you meditate effectively. --Tips for learning how to use meditation in daily life, including stressful situations, exercise, and fatigue. --An easy-to-understand explanation of the connections between meditation, sleep, and dreams. --Expert advice on how and when to meditate and detailed drawings and diagrams for breathing, positions, and more. --Techniques for meditating to music or modern chants.

meditation to win the lottery: *The Complete Idiot's Guide to Meditation, 2nd Edition* Eve Adamson, Joan Budilovsky, 2002-12-03 You're no idiot, of course. Sometimes you just want to relax, clear your head, rest your aching muscles, and rejuvenate your weary soul. You've heard meditation is a great stress reliever, but sometimes it seems so complicated it makes you downright uptight. Relax! Meditation is easy to learn-especially if you rely on *The Complete Idiot's Guide® to Meditation*, second edition, as you follow the path to inner peace. In this *Complete Idiot's Guide®*, you get: - Zen techniques, including guided imagery and mindfulness, to help you meditate effectively. - Tips for learning how to use meditation in daily life, including stressful situations, exercise, and fatigue. - An easy-to-understand explanation of the connections between meditation, sleep, and dreams. - Expert advice on how and when to meditate and detailed drawings and diagrams for breathing, positions, and more. - Techniques for meditating to music or modern chants.

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meditation to win the lottery: *Meditations on Fidelity* Sally Jo Nelson Botzler, 2017-06-27 The meditations in this book guide the reader in reflecting on some of the most important questions we can ask ourselves as Christians. This small book also supports readers in improving their commitment to understanding themselves and those they love. These meditations could be used by Christian pastors and counselors as they assist parishioners in coming to terms with remorsefulness about their human flaws and in extending sincere expressions of forgiveness to themselves and toward others both in and outside their faith communities.

meditation to win the lottery: *Meditation* Alexander Soltys Jones, 2010-09 Awaken yourself to find the peace, vitality, intuition, love, joy, and the presence of God within you through the practice of meditation. In *Meditation: Where East and West Meet*, author and longtime meditation expert Alexander Soltys Jones details a unique approach to the art of meditation that will touch your life

and nurture your soul. Utilizing a goal-centered approach, Jones details an eight-step journey to show you how you can awaken your Diamond Essence your soul. Blending the Eastern and Western approaches to meditation, *Meditation: Where East and West Meet* directs you from the beginning stages to the final realization in order to reap the many physical and spiritual benefits of meditation. This complete guide includes a discussion of the varied methods of meditation and provides an opportunity to practice and proceed at your own pace. *Meditation: Where East and West Meet*, augmented with many quotes and personal illustrations, narrates how the daily practice of meditation is the greatest gift you can give yourself. It is the golden road that can lead to loving fulfillment and satisfaction. Through this guide, Jones encourages you to seek the ultimate goal the union of the spirit with that of the Creator.

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meditation to win the lottery: *Meditating for Financial Freedom* Dr. Morgan James, 2025-10-07 *Meditating for Financial Freedom: Harnessing Inner Ability to Attract Wealth, Success and Abundance* By Dr. Morgan James Do you feel like no matter how hard you work, financial freedom always seems just out of reach? Are you tired of chasing opportunities, stressing over bills, and wondering why abundance comes easily to some but not to you? What if the real key to wealth and success isn't just strategies or hustle—but a mindset and inner practice that unlocks your true potential? In *Meditating for Financial Freedom*, Dr. Morgan James reveals how meditation isn't just about relaxation—it's a transformative tool to attract money, success, and abundance from the inside out. Drawing on personal experience, real-life stories, and actionable techniques, Dr. James shows you how to identify and release limiting beliefs, shift from scarcity to abundance, and align your thoughts, emotions, and actions with the wealth you desire. This book combines practical financial guidance with inner-work strategies, offering step-by-step meditation exercises, visualization techniques, and mindful habits that can be integrated into your daily life—even if you're busy, skeptical, or new to meditation. You'll learn how to clear emotional and mental blocks, cultivate confidence, and create a powerful inner environment that supports financial growth. Over time, your outer world begins to reflect the inner clarity, ease, and abundance you're cultivating. *Meditating for Financial Freedom* is for anyone who wants more than just money—it's for those seeking freedom, confidence, and a life of purpose. Whether you're struggling with debt, dreaming of entrepreneurship, or simply want to attract opportunities effortlessly, Dr. James provides practical, inspiring guidance to help you transform both your mind and your bank account. Key Insights & Takeaways: Shift your mindset from scarcity to abundance and unlock financial potential. Release limiting beliefs and emotional blocks that hold you back. Harness meditation and visualization to attract wealth and opportunities. Cultivate gratitude, generosity, and mindful habits that multiply success. Apply practical exercises to integrate financial mindfulness into daily life. Follow a 30-day action plan to see measurable results. Draw inspiration from real-life stories of people who transformed their finances through meditation. Take the first step toward true financial freedom today. Align your inner world with your goals, clear the blocks, and open yourself to wealth, success, and abundance—one mindful breath at a time. Your journey starts now.

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generate your own ideas for developing playing strategies to help bring your playing skills to a whole new level. You don't have to be a genius or mathematician to win the lottery. As a bonus, I'll reveal the most important secret all lottery players should know in order to win jackpots. Good luck! C.F. Keller has taught me to become a winner in the lottery. With improved skills, I know that a jackpot of some kind is in my future. I must also comment that the basic quality of my life has improved. - Janis Smith, Senior Manager/Quality Assurance.

meditation to win the lottery: Mindfulness and Meditation For Dummies, Two eBook Bundle with Bonus Mini eBook Shamash Alidina, 2012-12-06 Two complete eBooks for one low price AND a bonus mini edition! Created and compiled by the publisher, this bundle brings together two enlightening titles and a bonus "mini" edition of 50 Ways to a Better You. With this special bundle, you'll get the complete text of the following two titles and the following mini edition: Mindfulness For Dummies A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness-from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia. Meditation For Dummies, 3rd Edition Meditation is a great way to reduce stress, increase energy, and enjoy better health. It is believed to result in a state of greater calmness and physical relaxation, and psychological balance. Plus, practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life. This fun and easy guide has long been a favorite with meditation newcomers . . . and now it's even better. Meditation For Dummies offers a newly recorded bonus CD (available for download after purchase) featuring more than 70 minutes of music and guided meditations that are keyed to topics in the book, from tuning in to your body, transforming suffering, and replacing negative patterns to grounding yourself, consulting the guru within, and finding a peaceful place. 50 Ways to a Better You, Mini Edition Now, you can find the happiness you want and live the good life you deserve by applying the helpful information in this easy-to-follow guide. You'll discover proven techniques for living a meaningful, healthy, and productive life no matter what your life circumstances happen to be. You'll learn why having positive emotions can improve your health and well-being. Plus, you will find out what happiness isn't and how to avoid confusing happiness with culturally valued outcomes like wealth, power, and success. Pursue what you want, seize the day, find benefits in life's challenges, and live a happy lifestyle. About the Author of Mindfulness For Dummies Shamash Alidina is a professional mindfulness trainer, speaker and coach specializing in mindfulness training for therapists, coaches and executives, as well as the general public. He has trained with Jon Kabat-Zinn, Thich Nhat Hanh and Matthieu Ricard, and at Bangor University's Centre for Mindfulness. He has over ten years of experience in teaching mindfulness. About the Author of Meditation For Dummies, 3rd Edition Stephan Bodian, a licensed psychotherapist and former editor-in-chief of Yoga Journal, has practiced and taught meditation for over 40 years and has written extensively on meditation, stress management, and spirituality. His articles have appeared in Fitness, Cooking Light, Natural Solutions, and other national magazines. About the Author of 50 Ways to a Better You For Dummies, Mini Edition W. Doyle Gentry, PhD, is a clinical psychologist whose scientist-practitioner career spans almost four decades. Dr. Gentry is a distinguished Fellow in the American Psychological Association and is the Founding Editor of the Journal of Behavioral Medicine. He has authored over 100 scholarly works, has edited eight textbooks, and has authored three self-help books, including Happiness For Dummies.

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meditation to win the lottery: *Unleash the Power of Your Mind!* Estelle Gibbins, 2012-10-19 The aim of this book is to create a comprehensive, easy-to-understand, useful tool to: Help people understand how to use their natural mind power more effectively; Show people how to manifest their dreams into reality quickly and easily; and Help people reach their true potential. You can view this book as an owners manual for the mind, in that it explains how to utilize your innate mind power more fully, to assist you to succeed in all areas of your life. It is not my intention to tell you how to think, while you work or play. I don't intend to tell you how to do tasks that are specific to your particular occupation, sport, or role in life. This book is about how to run your mind more efficiently and effectively, and it is my intention to share with you many simple exercises that will enable you to get the most out of what you already have and thus receive more remarkable results in any and every aspect of your life.

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meditation to win the lottery: The Holistic Guide to Hypnotherapy Steve Webster,

2017-03-29 The Holistic Guide to Hypnotherapy Here is the worlds most comprehensive and detailed revelation of the ancient art of hypnotherapy in two volumes. Whether you are currently learning it, practicing it, a hypnotherapy professional, or just plain interested in the amazing art of hypnotherapy, this book will be your most valuable resource. Hypnotherapy is not the only discipline covered in this huge store of knowledge: among many other things, you will learn about health from a holistic point of view, benefits of nutrition, meditation, about relationships, sexuality and more. Steve Webster brilliantly explains: ? Simple, complex and metaphysical hypnotherapy. ? The differences between hypnosis and hypnotherapy. ? Approaches and amazing new techniques to use on different personality types. ? How to use 18 Laws of Suggestibility to rid clients of illness, disease and behavioral disorder, and how to reprogram your mind. ? Mechanics of hypnosis, the scientific intricacies, and 27 diagnostic tools to help you.... ? How to treat the top 35 afflictions like weight loss, anxiety, pain, sleep disorders, and social phobias. ? Guided imagery, neuroplasticity, epigenetics, neuro-linguistic programming, ideomotor responses and the power of dream venting. ? Your clients coping, blocking, release, and defense mechanisms. ? Body syndromes, how emotions affect us, and the subconscious mind. ? How one health disorder, HHS, might be responsible for 85% of afflictions. ? The real Law of Attraction, and how to make it work for you. Steve has coined a new description for hypnotherapists Consciousness Engineers because thats what they are! The clients consciousness creates their reality, and the hypnotherapist adjusts that consciousness. The subconscious mind vibrates at a level where it does not know illness, disease and behavioral disorder; but the conscious mind vibrates at a lower level and attracts these negative energies. After reading the Consciousness Engineering section (Volume 2), you will understand: ? Your 3 minds, their vibrational levels, and how to increase your power of creation. ? How to manifest anything, and how to become an ascended master. ? Learn what the subconscious mind is, and how to guide your client to engage with it, and harness its amazing powers. The two volumes explain how you create

your whole world, and how to create a world that brings you (and your clients!) joy and peace. It explains levels of consciousness, how to increase yours, and how you are immortal in your quantum world. With over 100 inductions, deepeners and convincers, with over 100 original diagrams and images, and with over 100 informative tables and quotes. This book really is your hypnotherapy Bible!

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