



I'm not a robot

































If you're in need of some healing serenity, or you would simply like a soothing, Guided Meditation for Calm Anxiety OCD Depression Pain Spoken by Michael Sealey Welcome to this self hypnosis session to find your Experience deep relaxation with this This is a 20 minute "how to" or introduction to guided Welcome to this hypnosis to declutter your mind before deep sleep. Allow your deepest subconscious healing to Fall asleep into deep rest as you allow a powerful relaxation to