



# Enhancing Self Perception hypnosis collection

*Listening schedule suggestion*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	▶ <i>Stay In Your Own Lane</i> hypnosis			▶ <i>Intergration</i> hypnosis		
▶ <i>Sense of Self</i> hypnosis			▶ <i>The Three Doors</i> hypnosis			▶ <i>Minor Adjustments</i> hypnosis
▶ <i>Your Sovereign Self</i> hypnosis		▶ <i>Stay In Your Own Lane</i> hypnosis			▶ <i>Intergration</i> hypnosis	
			▶ <i>Sense of Self</i> hypnosis			▶ <i>Your Sovereign Self</i> hypnosis
	▶ <i>The Three Doors</i> hypnosis			▶ Optional extra free download from <a href="http://rippleshypnotherapy.com/recordings">rippleshypnotherapy.com/recordings</a>		