



Hip Chick Hypnosis

Jessica Porter

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Hip Chick Hypnosis is designed for the busy, modern woman (or man) who needs a tool for releasing stress and strain at the end of the day. We all accumulate subconscious annoyances during the day, and by evening, we can feel weighed down with the million little responsibilities and needs we carry. This CD takes you into an amazing healing room, where you retreat to a warm, restorative bath, washing away all of the day's residue. From there, positive suggestions for macrobiotic practice and harmonizing with nature are made, making you stronger and more focused in all your pursuits. Jessica has a deep, resonant and varied vocal range that makes her the perfect hypnotist for her listeners. When Jessica Porter isn't teaching macrobiotics, she is a hypnotherapist, using deep relaxation and positive suggestion to empower her clients in their lives. In her work with hundreds of clients, she has discovered that hypnotherapy and macrobiotics share a very important premise: when the body (or mind) is cleared of blocks, it has the capacity, and will, to balance itself. Just as macrobiotic eating releases unnecessary stress from the body, hypnosis takes the mind into deep relaxation, where it can receive positive messages and resolve conflicts. So much of our lives are spent engaged in furious conscious thinking, with little or no result. But when the subconscious mind is engaged, real power is tapped, and the natural healing wisdom of the individual takes over.

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