



# Liberation

Objective: Heal past traumas, release emotional blockages, and achieve emotional freedom through achieving and maintaining a state of flow

## SESSION 4

60 mins

### Releasing Negative Emotions

- Techniques for releasing negative emotions and energy
- Activities to foster forgiveness and emotional release
- Hypnotherapy for letting go of emotional baggage

## SESSION 5

60 mins

### Building Emotional Resilience

- Techniques for building emotional resilience and strength
- Hypnotherapy for reinforcing positive emotional patterns
- Practicing mindfulness and relaxation exercises

## SESSION 6

60 mins

### Embracing Positive Emotions

- Techniques for embracing positive emotions and experiences
- Activities to cultivate joy, gratitude, and love
- Hypnotherapy for reinforcing positive emotional states



# Liberation

- Duration: 8 sessions, 60 minutes each
- Objective: Heal past traumas, release emotional blockages, and achieve emotional freedom through achieving and maintaining a state of flow

## SESSION 7

60 mins

### Empowering Emotional Freedom

- Strategies for maintaining emotional freedom and balance
- Techniques for preventing future emotional blockages
- Role-playing and scenario-based exercises

## SESSION 8

60 mins

### Integration and Future Emotional Liberation

- Reviewing progress and achievements in emotional liberation
- Strategies for maintaining emotional freedom and well-being
- Creating a sustainable emotional liberation practice for long-term growth

#### Additional Resources:

- Emotional healing exercises and activities
- Books and articles on trauma healing and emotional freedom