

Read Free Me Which Inner Self Is Running Your Life Kindle Edition Astra Niedra Pdf For Free

The Inner Self Aligning Your Inner Self Finding your Inner-self... Discover Your Unknown Inner Self Embrace Your Inner Self Lucid Dreaming The Inner Self Hidden Treasure Your inner self Hear Your Inner Self Virgo - The Key to Your Inner Self Conformity and the Inner Self Fifty Fragments of the Inner Self Lucid Dreaming The Inner Self the Inner Strength Reconnect With Your Inner Self Numerology The Power of the Inner Self Conversing With Your Inner-Self The Inner Self Discover The Power Of Your Inner Self SINCERITY AND AUTHENTICITY (My Inner Self Is) the Bright and Wise Counsel of God, by Yehuwdiyth Explore Your Inner Self The Self-Discovery Book How to Find Your Inner Self to Awaken to Who Your Truly Are A Guide to Healing, Transformation, & Clarity The Inner-Self Know your inner self Secrets of the Inner Self The Crossover An Inner Drive: Self-Motivation The Inner Self Meditation Discovering the Inner Self Pathways to Higher Consciousness My Inner Self Writing from the Inner Self Palmistry and the Inner Self My Inner Self Find and Empower the Inner-You

Secrets of the Inner Self Sep 27 2020

The Inner Self the Inner Strength Dec 11 2021 This Poetry book is about self-healing and reflection in retrospect of emotional traumas, difficulties and challenges; choosing to transform from negative self thoughts to positive self thoughts and aspire to learn from experiences in life while gaining insights, responding to true self-realisation and using the lessons learnt to bring about change, growth and development once finding the inner strength within self to heal. "The inner self, The inner strength," signifies self-growth, motivation and appreciating life and its existence, even the simplest things matters. When there are discouragement and set-backs there is still hope as long as acknowledgement is faced with truth and acceptance while using the power of introspection to connect with the higher self to evolve. "The inner self, The inner strength," is also about resilience which reinforces self-balance, self-assurance, self-control as well as learning to embrace flaws, reality, love and beauty. The choices one makes will eventually become the paths one takes in life. It is up to us to create beauty inside our hearts and love ourselves, hence the choices we choose to make depends on us and who we choose to be.

The Inner-Self Nov 29 2020 The Inner-Self centers on Keith Denton as he moves through a series of experiences, virtually going from his idea of a pinnacle to nearly ending his own life. You draw upon an understanding of certain spiritual principles while exploring the relative nuances of human nature and interaction. Highlighting a particular notion of "success", your portrayal of Keith's journey also emphasized the likely power of love.

Hidden Treasure Jul 18 2022 This classic edition of Violet Oaklander's groundbreaking book presents her pioneering approach to engaging with children who enter therapy. A new introduction by Peter Mortola reflects on the ways that Hidden Treasure continues to inform therapeutic practice all over the world. Most of the literature available on working with children is written from a traditional 'play therapy' point of view; the Gestalt therapy-based approach detailed here provides a more effective method for psychotherapeutic work with children of all ages. With a focus on the relationship between the therapist and the client, Violet Oaklander shows a wide variety of creative, expressive, and projective techniques in her work, and each chapter reflects and exemplifies the use of this work in the service of therapy. This dynamic approach is applicable to a wide variety of ages as well as individual, family, and group settings. This book will interest child and adolescent psychotherapists, psychologists, social workers, counsellors, school personnel, and parents, as well as graduate students.

Lucid Dreaming Jan 12 2022 Lucid Dreaming: Gateway to the Inner Self is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected. He was able to interact consciously with the dream observer - the apparent Inner Self - within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, the Internal Self-Helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the lucid dream state and suggestions for how experienced lucid dreamers can advance to a new level. Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dreamworkers but anyone who is interested in consciousness, identity, and the definition of reality.

The Crossover Aug 27 2020 As quoted by Les Brown, I believe, "You don't get out of life what you want, you get out of life what you are!" Who are you? Are you who you want to be? This book will help you to change the answers to both questions. Crossover is an accumulated guide of years of research designed to bridge the gap of who you are today and who you would like to be tomorrow. The theories expressed are focused on breaking your mind free from the thoughts and actions that keep you enslaved. You are not what others say about you, but you are your circumstances. You are a unique being created to add light to the path of humanity. Don't cover your greatness. Be bold enough to discover your full potential. Crossover is the ultimate tool to weaponize you to reach goals that you have always dreamed of. It's time your dreams become reality.

An Inner Drive: Self-Motivation Jul 26 2020 Self-motivation is an essential skill young people need to tackle tasks big and small and succeed at school and in life. Introduce your students to the social and emotional learning (SEL) core competency of self-management, which relates to the ability to set and work toward goals. Readers will learn how to set goals, work through setbacks, and harness their inner drive. Strategies for everyday use are paired with relatable scenarios to give students the tools they need to get motivated and succeed at any task.

Finding your Inner-self... Dec 23 2022 Who is your inner-self? Your inner-self is your own soul. Your inner-self is your own self-knowledge. Your inner-self is your own-awareness. Your inner-self is your own true-identity. Your inner-self is your own conscience. Your inner-self is your own inner-voice. Your inner-self is the image of divinity. Discover your own inner-self inside you. It is always in its dormant state. You have to awake it from its deep slumber. Once, you will able to awake it from its numbness, you will find your divinity. You will know everything about you. You don't need to know anything in this world. You will never live your life in any ignorance and in darkness. You will find your own mission and purpose of your life.

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My Inner Self Feb 19 2020

Discover Your Unknown Inner Self Nov 22 2022 Emily Wells was living a seemingly normal life until a medical wake-up call prompted a series of synchronistic events that led her to meet aspects of herself she never imagined existed. In an enlightening compilation, Wells chronicles her fascinating journey of self-discovery as she welcomed wisdom and wholeness through intimate conversations with different aspects of her inner self. As Wells introduces each aspect, she provides insight into how each guided her to find freedom from beliefs, thoughts, and emotions that no longer served her well-being, and how their advice, honesty, and love not only expanded her wisdom, but also provided her with a new and extraordinary sense of wholeness and happiness, clarity, and healing. Throughout her narrative, Wells gently encourages all of us to consider looking within for the answers in order to ultimately transform our lives into something we never thought possible. Discover Your Unknown Inner Self offers insight into the author's journey of inner self-discovery as she is led down an empowering path to a new life.

The Inner Self Feb 25 2023 'How can I get in touch with this real self, underlying all my surface behaviour? How can I become myself?' Carl Rogers, US psychotherapist The Inner Self is a book about the ways we hide from the truth about ourselves and the psychological freedom we enjoy when we

finally face that most searching question of all: 'Who am I, really?' Hugh Mackay explores our 'top 20' hiding places - from addiction to materialism, nostalgia to victimhood. He explains how it is our fear of love's demands that drive us into hiding. He argues that love is our highest ideal, the richest source of life's meaning and purpose, and the key to our emotional security, personal serenity and confidence. Yet Mackay exposes the great paradox of human nature, that while love brings out our best, we don't always want our best brought forward. Powerfully written and drawing on a lifetime of research, *The Inner Self* is a work of extraordinary insight by one of Australia's most respected psychologists.

Palmistry and the Inner Self Dec 19 2019 A window to the soul, the palm-when carefully read-can reveal a great deal about a person. Determine if people are level-headed or liable to panic in the face of an emergency, if they handle stress well, if they are romantic dreamers or more down-to-earth, scientific types, if they are kind or cruel, healthy or sickly, and much more. Explore the meanings of the various lines-heart, marriage, head, life, fate, and others-and see how they interact with each other to produce a detailed analysis of a person's character. 256 pages, 153 b/w illus., 5 1/2 x 8 1/2.

Lucid Dreaming Sep 20 2022 Master Lucid Dreaming and Control Dreams With the Best Techniques to Dream Big. You're about to discover a proven strategy on how to lucid dream and control your dreams so that you can experience and create an extraordinary life. In this lucid dreaming book, you will learn dream interpretation and how to master the art of lucid dreaming with the best I have learned over years of research and experimenting so you can tap into the natural powers you already possess to conquer your dreams in the easiest and fastest way. Lucid dreaming is one of the best skills anybody can develop with a little bit of practice and this book will teach you how to use lucid dreams to create your ideal world, improve creativity, meet anybody you want, create imaginary characters that can help you solve any problem, heal yourself, be able to fly, travel through time and much more. By learning how to lucid dream your dream world is a world of infinite possibilities. The average person sleeps almost half of their life and by learning to effectively lucid dream: we can take advantage of all this time and dreams and get the right insights, boost our creativity, heal ourselves emotionally, and do whatever we can think of. Just imagine, no limits!! And as a result, to use the special techniques in this lucid dreaming book you will live a more fulfilling life both in your dream world and your conscious life. If you want to begin lucid dreaming for the first time or you are already in a more advanced level of lucid dreams, this book has valuable information that can help you get there faster in a much more effective way Experience lucid dreaming on another level. If you have tried some techniques but haven't been able to produce any results with your dreams or only average results, it's because you are lacking an effective strategy and techniques that produce outstanding results. This lucid dreaming e-book goes into a step-by-step strategy that will help you take control of your dreams, experience strong lucid dreams, and therefore have high levels of pleasure, happiness, a sense of achievement, and a much better quality of your dream world and in real life. Here Is A Preview Of What You'll Learn in this awesome lucid dreaming book... Dream Big What Lucid Dreaming Feels Like Master Lucid Dreaming Skills Use Reality Checks Dream Interpretation Solve Problems Master Lucid Dreaming Techniques How to Take Lucid Dreams To The Next Level Extra Effective Lucid Dreaming Techniques And Much, much more! Download your copy of Lucid Dreaming today!

Pathways to Higher Consciousness Mar 22 2020 A thought-provoking and accessible guide to how an ancient spiritual practice known as Raja Yoga meditation--Yoga of the mind--can help us develop attitudes that will dramatically improve the quality of our inner lives. Using the author's own story as a starting point, this illuminating work provides a whole new perspective on matters of the spirit, including rediscovering the nature of the self, understanding and exploring the different levels of consciousness, learning about the natural law that governs the universe, and how to support your spiritual development with the right lifestyle. Previously published by the Brahma Kumaris Organization--a group that seeks to help everyone rediscover his or her potential for greatness by facilitating a process of spiritual awakening that is both non-denominational and respectful of all traditions--Pathways to Higher Consciousness is an enlightening entry on the very first Sterling Ethos list.

Your inner self Jun 17 2022

Discovering the Inner Self Apr 22 2020 Based on 40 years of study and research, *Discovering the Inner Self* is one of the most respected and definitive guides to numerology available. When first writing this book Dr David Phillips believed that numbers were becoming more important than words and that can certainly be said for the new millennium. *Discovering the Inner Self* enables you to understand the connection between your numerological patterns and your levels of abundance, health and the quality of your relationships. It is the perfect book for anyone with an interest or a fascination in the power of numbers.

Numerology Oct 09 2021 A complete guide to understanding and using your numbers of destiny.

The Power of the Inner Self Sep 08 2021 this "Book of Healing" provides an extensive presentation of Maureen Garth's innovative method of meditation and an exploration of the nature of healing. the heart of the book is a collection of thirty visualisations that will fire the imagination, bring peace and healing to the body, and comfort the soul. While the focus of these new visualisations is healing, this is applied to a wide range of circumstances: the diseased body, the discomfited spirit, the grieving parent or friend, the wounded inner child, the pain of relationships, emotions that are disturbed, and even the sickness of the planet. Maureen Garth's unique approach to meditation has brought peace, creativity and inner strength to people throughout the world. A generation of parents and other caregivers are particularly indebted to her creative visualisations for children, gathered in her international bestselling series of meditations for children.

Explore Your Inner Self Mar 02 2021

SINCERITY AND AUTHENTICITY May 04 2021 "Now and then," writes Lionel Trilling, "it is possible to observe the moral life in process of revising itself." In this new book he is concerned with such a mutation: the process by which the arduous enterprise of sincerity, of being true to one's self, came to occupy a place of supreme importance in the moral life—and the further shift which finds that place now usurped by the darker and still more strenuous modern ideal of authenticity. Instances range over the whole of Western literature and thought, from Shakespeare to Hegel to Sartre, from Robespierre to R.D. Laing, suggesting the contradictions and ironies to which the ideals of sincerity and authenticity give rise, most especially in contemporary life. Lucid, and brilliantly framed, its view of cultural history will give Sincerity and Authenticity an important place among the works of this distinguished critic.

Discover The Power Of Your Inner Self Jun 05 2021

Reconnect With Your Inner Self Nov 10 2021 We are all born geniuses but most of us don't know how to awaken the genius in us. It is all in the mind, take a step from just thinking to critical thinking and you will see what you are capable of doing. When you read this book, you will discover that you have been sitting on the genius in you all along. This book will equip techniques to go from negative thinking to critical thinking or improve your productivity and problem solving as well as skills to reach your goals. Critical thinking starts with reconnecting with your inner self through meditation. Once you have reconnected with your inner self, this book will equip you with the skills to solve your problems amicably and reach your goals without hassle. You'll be explored to contents, as: - The difference between reality, beliefs, and perceptions - Spiritual versus intellectual reasoning - Major obstacles that prevent you from being who you want. - Hacking the concept of productivity to create in your self-concordant and goal-oriented person. - Learning laws and how breaking off from chains gives you independence - Tapping the power vested in you through imagination to alter your subconscious mind The moment you start thinking independently is the beginning of self-awareness. This is one book you can walk around with doing anything that interests you without straining.

The Inner Self Jun 24 2020

Writing from the Inner Self Jan 20 2020

Meditation May 24 2020 Meditation: Doorway to your inner self is about an exploration of the spiritual nature of life that resides within each one of us. All we need to do is have the desire to find that part of life for ourselves. It is the part of us that will continue when we shed our bodies and give up all those material things we spend a lifetime to acquire. If we must give up the material world when we leave, shouldn't we explore that other part of our life? Meditation is the doorway which will enable us to do just that, get in contact with our spiritual selves.

How to Find Your Inner Self to Awaken to Who Your Truly Are A Guide to Healing, Transformation, & Clarity Dec 31 2020 No matter what your

personal experience, we have all faced challenges in life where we are left with a depleted sense of self worth. Divorce, hardships, failures, and other tragic life events can all shape who we are and influence the way we think. Some of these events have such as lasting effect that they can hold us back and leave us with a diminished sense of self worth. If we are to truly succeed and flourish we must first understand ourselves. This guide will help to: - Understand Yourself - Raise Self Esteem - Become Happier - Be More Successful - Live Life on Your Terms Scroll to the top of the page and click add to cart to purchase instantly Disclaimer: This author and or rights owner(s) make no claims, promises, or guarantees in regards to the accuracy, completeness, or adequacy of the contents of this book, and expressly disclaims liability for errors and omissions in the contents within. This product is for reference use only. Please consult a professional before taking action on any of the contents found within.

Fifty Fragments of the Inner Self Feb 13 2022

Find and Empower the Inner-You Oct 17 2019 Here is a sample segment of the book. It is one of the numerous excersises you will find in the book. How to Experience Self-Awareness For some, experiencing self-awareness and separating the inner-self from their mind for the first time can be achieved quickly with a simple exercise. For others, it can take longer and require several exercises. Some people never manage it. However, be aware that becoming self-aware is essential before moving forward and releasing the power within you. Exercise 2: Try this simple exercise below now and see if it works for you the first time around. This exercise is designed to lead you from the known to what is unknown to you and help you become aware of the inner-self: Read the following steps slowly and deliberately. As you read these words, find and listen to the voice in your mind, reading out the words. Observe. Listen to each word as your mind is reading them. Now ask yourself this question. If your mind is reading out the words, who is it that is listening to them? The answer is that it is your inner-self. Be conscious of the fact that your MIND is reading the words and that your inner-self is consciously listening to them. At the same time, as the inner-self is listening to your mind reading these words, become aware of yourself in your surroundings. Close your eyes for a moment, sense yourself and the environment around you. When you open your eyes again, Become aware and observe yourself. Sense your presence in the space you are in and remain aware of YOUR mind reading to YOU. Become conscious of what else is going on around you. Keep listening to yourself reading while you are doing this. As you carry out this exercise, you become the observer. As the observer, you can sense all of these things, including your voice and yourself in the space around you. You are connecting with the observer, the inner-self. And you are allowing the inner-self to become awake, conscious. Stop reading for a moment, count to 10 slowly. Listen to the numbers as you count. You are now directly conscious of the fact that you are not the voice in your mind. You are now controlling the voice. The inner-you is now controlling your mind and being self-aware. Now stop the voice. Make your voice silent. See how long you can keep your voice silent before it spontaneously starts up again. This step shows you how your mind is constantly trying to chatter. But remember, you can stop it for as long as you want. It just takes practice. Go one step further. If there is someone in the room you can talk to, strike up a conversation. Observe both sides of the conversation, observe what that person is saying, observe what you are thinking and saying back to them. If there is no one in the room, call up a friend, observe yourself on the phone, and envisage your friend on the other end of the phone. If you were able to identify and sense the inner-you listening to the words as your intellect read them out in your mind and if the inner-you was at the same time able to observe your mind, body, and the surroundings around you; remaining conscious of what was going on around you. And if the inner-you that watched both sides of a conversation between your intellect and another person, then you have awoken the inner-self and experienced self-awareness.

Aligning Your Inner Self Jan 24 2023 Aligning Your Inner Self is a meditation journal that was created to teach you about self-care through self-compassion. Author Christina E. Fontenelle is an Art Therapist, a Certified Clinical Trauma Professional, Registered Mental Health Counselor Intern, and a Dance/Movement Therapy Intern. Christina wanted to encourage people to use creative writing as an outlet for a safe space and also to give your daily thoughts a place to live outside of yourself, on paper. Christina created this meditation journal as a tool to create awareness to your mental, emotional, and physical needs. By simply writing and reflecting through this journal, you renew your thought process, deepen a connection to yourself, and to your higher power. Aligning Your Inner Self has been skillfully put together to guide you towards a space of awakening, consciousness, and enlightenment of your Body, Soul and Spirit.

The Inner Self Aug 19 2022 'How can I get in touch with this real self, underlying all my surface behaviour? How can I become myself?' Carl Rogers, US psychotherapist The Inner Self is a book about the ways we hide from the truth about ourselves and the psychological freedom we enjoy when we finally face that most searching question of all: 'Who am I, really?' Hugh Mackay explores our 'top 20' hiding places - from addiction to materialism, nostalgia to victimhood. He explains how it is our fear of love's demands that drive us into hiding. He argues that love is our highest ideal, the richest source of life's meaning and purpose, and the key to our emotional security, personal serenity and confidence. Yet Mackay exposes the great paradox of human nature, that while love brings out our best, we don't always want our best brought forward. Powerfully written and drawing on a lifetime of research, The Inner Self is a work of extraordinary insight by one of Australia's most respected psychologists.

The Self-Discovery Book Feb 01 2021 ARE YOU READY TO DISCOVER YOUR TRUE SELF? The Self-Discovery Book offers you the chance to embark on a breathtaking and unique journey toward finding your true self. Take the first step with the Inner Self-Improvement Book 1. Warning: After reading this book, you'll see life in a completely new way. Psychology counselor, international speaker, workshop leader, artist, and self-improvement guru Michael Cavallaro gives you the tools to look within, master your human experience, awaken to a new sense of self, and discover a new way of being. Start reading now to take the first steps toward: Inner self-improvement; Discovering your true self; Discovering a new way of being; Expanding your personal growth; Mastering your human experience; Understanding who you are; Understanding how the world works; Understanding how your life really works; Understanding what it means to have a human experience; Going far beyond what most people will ever learn; And much more! The Self-Discovery Book, opens many doors into your self and to the outside world. You will change, grow, and experience life in a totally new way, giving you the tools to create the life you want to live. Grab your copy now and begin the journey!

The Inner Self Jul 06 2021

My Inner Self Nov 17 2019 My Inner Self is a collection of Islamic poetry which I have written In hopes that it may inspire others Insha'Allah. I truly hope who ever read's my poetry will feel a sense of belonging and through it their love for Allah will to increase. My Inner Self is a form of expression which will allow the reader to relate in similar ways when faced with various situations that they have and will encounter in life. It is a parable of ones spiritual journey in gaining closeness to Allah (SWT).

Conversing With Your Inner-Self Aug 07 2021 WHY SHOULD YOU READ THIS BOOK? "I knew I was headed in the right direction when the positive began to appear." I changed my world, why can't you? "If reading this book can't open doors for you, I don't know what will!" The world is crazy, surrounded by phobias and negative vibrations. Our purpose in this world is to enjoy our surroundings and its inhabitants. Man is fed and guided by greed, not by love, so in return he suffers. He creates Karma for himself. The more he struggles the more he complicates his situation. Experience comes with time. It's like making fresh bread. You must knead the dough and let it rise several times. The more you punch down the dough and let it rise, the better the texture and taste of the bread. When attempting to rush this process your result is tough yeast tasting bread! Everyone loves good bread, but nobody wants to take the time to make it. Everything that is good comes with time. Transforming the negative to the positive is going to take some time. Living in the negative has been easy for you. You have been practicing "Murphy's Law" throughout your life and attempting to correct them will take some work. The transition on learning to live in a positive world is going to be like learning to walk. Get ready to be challenged. Get ready to embark on a new experience where the past is left behind. You must affirm everything in the present. I know that your life will change! You must learn to master your fate! Remember the old saying, "When you want something done right, you have to do it yourself!"

(My Inner Self Is) the Bright and Wise Counsel of God, by Yehuwdiyth Apr 03 2021 Shalom this book here is produce and presented, because of my heavenly father and God, MR. LOVE YISRAEL, Himself, who have inspired me, enlightened me ; also who have guided me through his teachings and lesson of life with love, to help me discover that there is much more to myself than meets the eyes of all other, and for that I am truly grateful and unto him, for with out him, LOVE HIMSELF, GOD ALMIGHTY, I would've been lost and far away from this truth here; plus a whole more, that no one else can give to me; or explain to me. my studies here by and with my divine father is all factual; a reality too. so be inspired too, by this, my and our

book here; seek to get that super and natural understanding of our love, God and father too, who knows it all; also who sees all too, way beyond our limited sight and understanding. for he holds all the answer; I am glad to know that he created and made me, Crystal Yehuwdiyth, to be BRIGHT and WISE too as a counselor of him to help spread the ; his love first to him and then to you all in the world with a good understanding that HE, LOVE, is TOP of and to every single things; that he is the one who possesses the light and the insights to and for us all. Shalom, Praise LOVE, the GOD of LOVE always.

Know your inner self Oct 29 2020

Hear Your Inner Self May 16 2022 A Guide to Self-Discovery and Personal Growth" is a book aimed to assist readers to achieve a better awareness of themselves and their inner thoughts, feelings, and emotions. Through a series of exercises, activities, and reflection prompts, readers will discover how to quiet their brains, connect with their inner selves, and examine their beliefs, objectives, and ambitions. Throughout the book, readers will discover how to practice mindfulness, participate in reflective activities, and seek out assistance and advice as they attempt to better understand themselves. They will also learn how to make intentions, increase self-awareness, and foster self-compassion as they traverse their unique path of self-discovery. Whether you are hoping to overcome personal issues, make good changes in your life, or just want to get to know yourself better, "Hear Your Inner Self" is a necessary guide for anybody wishing to tap into their inner selves and uncover their full potential.

Virgo - The Key to Your Inner Self Apr 15 2022 Douglas Baker's Zodiac Series With over 60 years practical experience in the study, teaching and interpretation of esoteric astrology, Douglas Baker was well qualified to fully appreciate just what it is people want to know about themselves. In this series the author shares his knowledge covering such subjects as: • Flower Remedies and Tissue Salts related to each sign • How your sign is reflected in the world around you • The talents and potential genius of the signs • The qualities and influences of your sign's ruling planet These books will help you tap into reservoirs of energy that are linked to your own sign and that are your birthright; energy that will help you cope with the stresses and strains of modern life and bring you into closer contact with the real you, your inner self!

Conformity and the Inner Self Mar 14 2022

Embrace Your Inner Self Oct 21 2022 When we embrace our inner child, we awaken our natural ability to heal physically, emotionally, mentally, and spiritually. Many people do not realize their own power. I did not believe it for most of my lifetime either but once I had experienced it, I felt like I was reborn again. In my first 40 years of this circle of life, I was often a victim. I suffered pain and struggle to over come obstacles. I had so much anger, frustration, and sadness inside of me and toward the world. But now my life has changed. In *The Journey Within* I share with you my life journey and how my life was completely transformed in an instant starting with practicing Qigong and using other holistic tools with the healing power of love, forgiveness, and kindness. We are all blessed with the natural ability to heal ourselves-- we can unlock this ability once we realize how to embrace our inner child. We just need to bring that awareness and learn how to use these simple and powerful tools in our daily life to shine our light. It is my hope that this book will inspire people around the world to experience this complete guide to healing for themselves and share it with others. With this book you will: -Regain your inner-peace and support awakening your inner-wisdom -Develop your own ability to Heal, Harmonize, and Organize your life -Create your own simple action plan to start seeing results www.nishanpatel.com

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