



Seven Breaths: Stepping Into Your Power of Choice

By Amos Lovell

River Sanctuary Publishing, United States, 2011. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Even the longest journey begins with a single breath. This user friendly guide to personal change and self-awakening contains simple, practical exercises designed to lead you, in your own terms, to the changes in life that you want, or support you in finding out what you want by noticing your true nature. Seven Breaths allows your thinking and beliefs to move toward a new chosen direction, affecting your behavior, the voice in your head and the voice you share with others. As your thinking shifts and the voice shifts, so does your view of the world and your behavior. You notice that your experience of life begins to align with your desires. You engage as a fully powerful creator that you are. You begin to get what you want, to live life on your terms, to become more balanced and happy. This can permanently reverse negative health conditions including stress, addiction and even terminal illness. Breathing with intention connects the body and the conscious mind with unlimited power and resources available to all of us. Seven...



READ ONLINE
[2.18 MB]

Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch