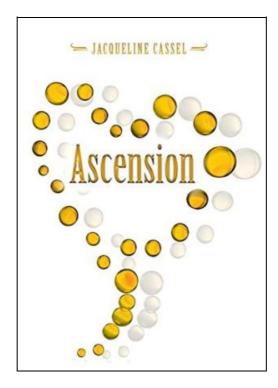
## Ascension (Hardback)



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Balboa Press, 2016. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ascension is an inspiring story of how to heal your life mentally, emotionally, physically and spiritually. This transformational book contains three sections. Section I explores the shadow self that develops within a family afflicted with addiction, narcissism or other forms of abuse and spiritual darkness. As you begin your journey to light and love, the brilliant light first shines upon what you choose to present to the world. The light powerfully grows through the ascension process, revealing all that you ve kept hidden in the shadows. Acknowledging and releasing the experiences and emotions you ve buried are not only key to healing your own inner child, but to healing humanity s collective karmic debt. It s time to break the cycle. Jacqueline takes us on a spiritual journey in Section II, by sharing excerpts from her re-awakening and the divine guidance that led her to a path of healing. The final section is dedicated to writing new chapters in your book of life. She provides ways to purify your mind, body and soul. Your ultimate guide to self-empowerment takes you on a journey to: - explore your shadow self and break the cycle of physical, emotional, mental or spiritual abuse; - recognize the signs or symptoms of spiritually re-awakening; - become attuned to spiritual guidance; - achieve authenticity, self-love and self-worth; - maintain boundaries that protect your physical, emotional and spiritual well-being; - realize the benefits of speaking your own truth; - let go of perpetual self-sacrifice to fit in; - consciously choose a life filled with courage and happiness; - learn how vibrational ascension transforms your life; - release energetic influences that prevent you from living the life of your dreams; - manifest...



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