



Bodies and Souls: A Down-to-earth Guide for the Human Experience

By Sue Minns

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Bodies and Souls: A Down-to-earth Guide for the Human Experience, Sue Minns, If you are confused by the array of spiritual 'wares' available for a seeker on the path to Self knowledge, or you need a refresher on the foundations for expanding awareness, then "Bodies and Souls" is an invaluable source book. Spiritual explorers will find this comprehensive guide brings ancient wisdom into sharp focus in the light of frontier science and offers deep insight into a wide range of subjects which include the value of past life exploration, the soul story behind childhood experience, how to deepen your meditation, why the ancient Egyptians valued the heart, whether you may be a psychic, channeller, healer or shaman, astral travel, crystals, angels and spirit guides, the chakras as 'microchips' of the soul, the body's mind and the heart's intelligence.

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