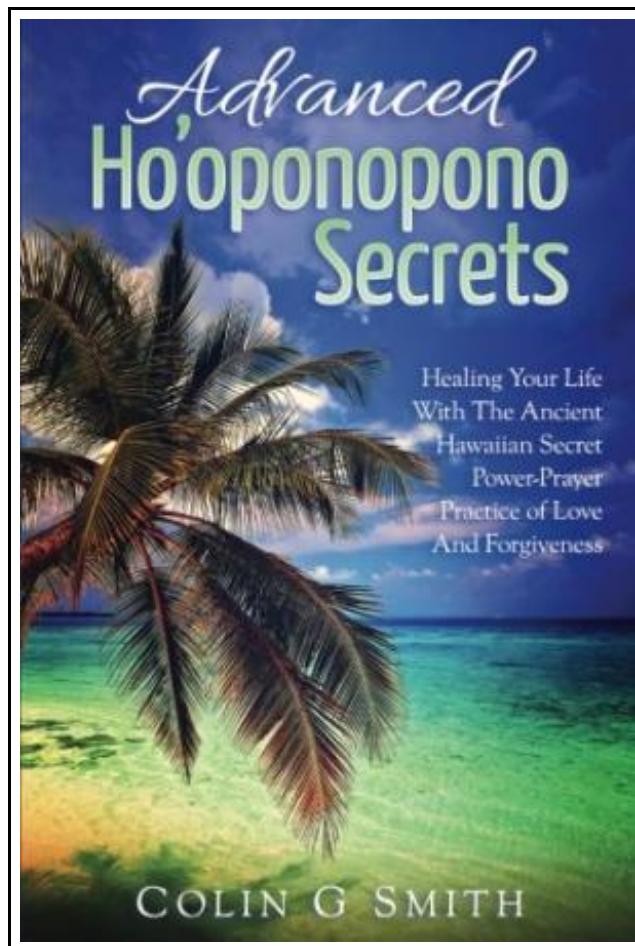


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Being bogged down and feeling exhausted with life is something that everyone can relate to. We experience stress in the form of money issues, problems at work, difficulties with our interpersonal relationships and a number of other stress factors that tend to weigh us down. But what if there was a way to realise that it is not these stressors that are making our lives difficult? What if the reality of the matter is that these situations are created by our thoughts - our own ego-mind? This realisation forms the foundation of Ho oponopono, which states that we have the power to transmute our problems by re-connecting with the Divine Source within. Ho oponopono allows a person to develop a relationship with the Divine Source inside of ourselves and ask that our mistakes made in thought, action, or word be cleared and released, providing freedom from the past. It was revolutionised in the twentieth century by Morrnah Simeona, a Hawaiian Kahuna healer, to help modern day people reap the benefits. In this guidebook, you will discover Advanced Ho oponopono Techniques that will allow you to clear erroneous data within your subconscious mind while realising your authentic loving self. Topics Covered In The Book Include: - Ho oponopono Tibetan Style This is a special breathing meditation that helps you transform negativity while increasing your courage, love and compassion. - Inner Child Meditation Discover how to connect to your inner child allowing you to develop a loving relationship with this part of yourself leading to an increased sense of wellbeing. - Higher Self Meditation Connect with your own Higher Self or Soul which will give you a greater sense of connection with your own...

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