



Creating Your Soul Map: Connecting with Your Inner You Calmness-Harmony-Wisdom (Paperback)

By Alison Wem

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*****.Are you looking to feel more connected to those you love, more alive, happy and healthy or maybe you are simply looking to find deeper meaning and richness in your life? You need a soul map. For Alison Wem, that realisation came in the early hours one night as, newly widowed and with children and a demanding job, she confronted her anguish - and found not chaos and more pain but a space of calmness and route to strength, love and guidance. In this first book Alison provides easy-to-do steps in creating your own soul map - a route back to your inner you - your sub-conscious mind, higher self or soul, depending on your beliefs. It provides techniques to know yourself better and to build your personal calmness so you can operate more effectively at work and at home. It is a short book which introduces these new techniques and gets you started. Creating Your Soul Map takes you beyond meditation to the next step in your personal development. Using Your Soul Family (YSF) techniques you identify the life lessons you...



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