

Heal Yourself Reading Cards Intuitive Guidance To

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has your intuition been giving you messages but you don't know what they mean do you find it hard to trust your intuition because you think you might be making it up would you like to have intuitive guidance at your fingertips but you're not sure if your intuition is working at all do you want to have more understandable information from your intuition intuition on demand can help you fix all these problems once and for all if you're in control of your intuition you can find the right answers to questions such as should i move where should i go who do i pick to be my friend spouse doctor or lawyer how do i fix the difficulties in my relationship what should i do to improve my health why am i stuck in my career when you finish reading this book you'll be able to make your intuition happen when you want on what you want and get detailed information you'll have an education and understanding of intuition so you can get instant intuitive guidance for all your important life decisions and know what action to take that will give you a better outcome you'll always be assured of the best course of action to take to feel safe comforted and calm lisa k phd developed these methods and technique to help her become a sold out intuitive reader and one day save her life developed from years of research training and experience intuition on demand provides a step by step technique to help others like yourself to develop your intuition from scratch discover the intuition development map lisa's signature intuition on demand technique ways to reprogram your thinking intuition worksheets practical exercises and much more

a toolkit for tapping into the inner wisdom of the spirit within and soaring to a far better life is provided in a guide to unlocking one's own psychic powers original

through 5 practical steps dr judith orloff's guide will show you how to recapture nurture and affirm your intuitive ability so that you can utilize it to help heal yourself in her groundbreaking book dr orloff leads readers to the heart of a radical revolution in health care the union of medicine and intuition of body mind and soul intuition plays an indispensable role in self diagnosis pain control immune response and recovery from acute and chronic illness it can lead you to breakthroughs in anxiety panic depression and other emotional blockages even when traditional psychotherapy has failed intuition also offers insights into the use of medications and the selection of the right healer for your needs further it is integral for sexual healing since sexuality is a potent connector and energy source for clarifying spirituality and improving vitality with dr orloff's five practical steps you'll learn to clarify your beliefs listen to your body's messages access inner guidance sense subtle energy and interpret your dreams practicing the steps you'll recognize early warning signals and act on them to help prevent illness you'll have skills to uncover important information from meditation and remote viewing a way of intuitively tuning in to make sense of confusing signals the insights you'll gain from these tools will lend reason compassion and meaning to events such as illness loss or despair following dr orloff's simple clear instructions illustrated with examples from her own experience and psychiatric practice you'll recapture a sense of vision that will bring vibrance to all that you do our intuition can open us up to our spirituality and show us how to be more healthy and whole writes dr orloff if you're in good health you'll want to know about intuition because it can help you stay well and recognize messages that prevent illness if you or your loved ones need healing you'll also want intuition to show the way written with abundant warmth humor and compassion this guide is your companion to a healthier more fulfilling life

doc childre's writing is eloquent his wisdom is profound and his easy way of communicating makes this book a treasure his

colleagues present the energy of the heart in the safety of a scientific context that invites us again and again to move beyond it gary zukav author the seat of the soul and the dancing wu li masters heart intelligence connecting with the intuitive guidance of the heart provides readers with a new high definition picture of the energetic heart as a unifying creative intuitive intelligence that we can learn to draw on for moment to moment guidance heart intelligence links the physical heart to the spiritual energetic heart through its extensive communication with the brain and body the heart is intimately involved in how we think feel and respond to the world expanding on their breakthrough book the heartmath solution the authors offer heart based techniques and guidelines for living from the heart which connects the puzzle pieces of our purpose and fulfillment the book provides information and simple practices for accessing our heart s intuitive guidance to connect with our highest choices for better outcomes our choices are especially important through these changing times because they constantly create or disrupt our peace happiness and self security our thoughts and feelings influence the chemistry that regulates much of our health how we feel for better or worse our thoughts feelings emotions and attitudes are just frequencies that we can learn to change once we put our heart into our intention heart intelligence provides practices to replace fear with the attitude of intelligent concern managed concern which leaves us in charge and more attuned to intuitive direction we learn the benefits of practicing simple coherence techniques a few times a day for boosting resilience and emotional balance making appropriate choices and clearing our mind from anxiety or overwhelm when needed it is through deepening our heart intelligence coherence and connection that humanity will be able to shift from separation to cooperation resulting in higher solutions to our personal and global problems

how many times have you had a gut feeling about a decision you had to make but instead of following it you listened to the opinions of others only to find out in the end that you were right with all the mindless and mind numbing noise and chatter of radios televisions cell phones and sirens filling our daily lives we could all use a good dose of quiet to listen to our own inner voice and then do what it says acclaimed psychic counselor carole lynne says that the spirit within you is your psychic nature which connects with the divine in consult your inner psychic she provides a toolkit for tapping into that inner wisdom and soaring to a far better life right now learn to unlock your own psychic powers with lynne s trademark psychic intuitive guidance process which includes the compelling twelve energies four states of being and 48 messages this remarkable book offers two unique paths for learning the process the quick start approach which will get you accessing your intuitive powers right away and the slow and steady approach which helps you develop a deep wisdom that leads you to the ultimate goal of becoming your own psychic regardless of which path you choose lynne s message is powerful and life changing you can improve your life immediately by listening to and acting on your own innate wisdom never again will you have to wait for anyone else s permission to lose ten pounds fall in love find a better job or pursue your own deepest desires you are your own best psychic plain and simple and with lynne s gentle guidance you can begin to make better choices and ultimately transform your life enhanced with audio

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bonus free meditation mp3 and pdf download available at intuitionknows.com do you sometimes struggle with making a decision and wish there was something wiser than you to help you out do you agonize over prioritizing all the things you need to do and to figure out what to do first or not at all do you question if you're really in the right relationship and wonder if you should just move on what about taking that job or going back to school or going on that trip in life we're bombarded with having to make all these decisions and choices that can have huge consequences for us and so we wish there was a somebody or something out there that could just tell us what we should do where we should go who we should connect with to be guided by a higher intelligence is something we all want and need why because we want to live our best life we don't want to miss out in some way and find that we made the wrong choices and end up having a lot of regrets well guess what we can have that kind of higher guidance to help us out intuition is the key to life success throughout history people have gotten that guidance and insight those inspirations that led to new discoveries in science and inventions protected them from danger led them to their soul mates directed them to great destinies it's the voice of intuition that people responded to heard and acknowledged it's part of the package in being human a way of knowing that's available to us yet we're never taught how to use it this book will open you up to getting this type of intuitive guidance what this book will cover you'll learn about the different levels of reality and what intuition can access the two different modes of consciousness and where intuition fits in how we can easily contaminate intuitive guidance what you need to declutter from your life to let intuition in the different ways intuition communicates the state of being that is required to be receptive to intuition the key steps involved to access intuition how to get answers and guidance to various questions and decisions you need to make why not all your feelings are intuitive and how to know the difference and much much more so if you've always been curious about intuition or felt as though you had intuitive skills and have wanted to develop them or just wanted to be more connected spiritually to a higher guidance to fulfill your life purpose this book is for you you'll come away with a deeper understanding of the nature of intuition than the usual gut instinct idea or that you have to be some kind of psychic you'll get a clear and practical step by step guide with 21 exercises to access intuitive insight and guidance that can be applied to various situations that can come up in your life about the author dr linda christensen is a money and success coach having taught for over 30 years at the university college level she is passionate about integrating spirituality and success to foster a new paradigm of sacred abundance it is her mission to be a channel of joyful abundance to others

in this book dr irina webster reveals that energy is the root of body and mind we all consist of and surround by an energy field when energy flows through the body properly you are in a state of health when there is an energetic disturbance in the body a disease state is created illnesses manifest in the body's energy field before they manifest in the physical body and healing occurs in the energy field before it becomes apparent in the physical body so how can we heal ourselves and our life you'll get

the answers reading the secret energy of your body an intuitive guide to healing health and wellness dr irina webster is a medical doctor who is also an intuitive healer she is the creator of intuitive healing power an educational program for health professionals and caregivers in regards to intuitive healing and medical intuition her on line classes and seminars how to become an intuitive healer are very popular amongst the health oriented community dr irina s teaching helps people to activate their own intuitive healing power dr irina dedicates herself to assisting others to heal and empower their body and soul

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in a world where the noise of external influences can drown out the whispers of our inner wisdom empowered intuition a guide to navigating life through spiritual insight offers a refreshing and transformative perspective this insightful guide written with clarity and compassion invites readers to embark on a profound journey of self discovery and empowerment the book begins by rekindling our awareness of the inner voice the quiet yet powerful intuitive guidance that resides within each of us it dismantles the myth that intuition is a mysterious gift bestowed upon a select few emphasizing that it is an innate skill that can be cultivated and harnessed by anyone willing to listen readers are guided through the multifaceted nature of intuition exploring its physical emotional and psychic dimensions through engaging stories practical exercises and thought provoking insights the book provides a comprehensive toolkit for enhancing intuitive abilities empowered intuition is not merely a theoretical exploration it is a practical guide that equips readers with the tools they need to apply intuitive insights to various aspects of life whether it s making pivotal life decisions nurturing relationships finding one s life purpose or navigating moments of crisis this book offers actionable strategies and wisdom to help readers harness the transformative power of intuition throughout the journey the book emphasizes the importance of ethical and responsible intuitive practices ensuring that intuition is used as a force for good in the world it delves into the significance of embracing change and growth cultivating gratitude and presence and nurturing compassion and service what sets empowered intuition apart is its dedication to fostering a sense of community and mentorship it encourages readers not only to empower themselves through intuition but also to share their wisdom and support with others the creation of communities of empowered intuitives becomes a central theme highlighting the collective strength that arises when individuals unite to uplift and inspire one another as readers progress through this book they are reminded that this journey is not an end but a beginning an initiation into a life guided by spiritual insight empowered intuition is a testament to the transformative potential that resides within each of us waiting to be awakened and embraced in conclusion empowered intuition a guide to navigating life through spiritual insight is a compelling and

comprehensive guide that empowers readers to unlock their inner wisdom and embrace a life guided by spiritual insight it invites readers to embark on a journey of self discovery growth and transformation fostering a deeper connection to themselves and the world around them

a first time author that shares an intuitive guide to connect you back to your inner peace and intuition as she embarks you on an inner trip to discover the power of regaining your inner peace and going inward to open your heart

about the book awaken to superconsciousness provides easy gentle guidance to help beginners quickly feel and benefits of meditation and allows long time practitioners to break through blocks and deepen their experience drawing upon decades of experi

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