

Meditating Meditations for Fearless Romance



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

MEDITATING MEDITATIONS FOR FEARLESS ROMANCE

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Hay House. No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 4.9in. x 0.5in. MediDating is unlike any other relationship program out there. In this 11-track guided meditation, best-selling author Gabrielle Bernstein helps you release romantic illusions, overcome fears and insecurities, activate your attracting power, and manifest love into your life. Many people carry disastrous relationship experiences from the past into the present moment. Holding on to anger from the last date who didnt call you back inevitably transfers negative vibes to the next one. This anger sabotages the possibility of creating a healthy new relationship, keeping you rooted in your history instead of the now. By relaxing into a state of peaceful awareness, you can learn to let go of past resentments and clear space for love. Through simple breathing exercises, visualizations, and mental reconditioning, youll simplify and enhance your dating experiences, all the while using your inner guidance to find the perfect partner. Well, what are you waiting for Release your romantic delusions and start MediDating today! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Audio CD.

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