

# Chakra Centers Chart Rainbow Bodymindspirit Connections

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Living the Law of One 101 Carla L Rueckert 2014-06-03 Written with the intent of creating an entry-level, simple to read report concerning the core principles of the Law of One and Confederation philosophy in general, this book takes the reader through a discussion of Law of One principles such as unity, free will, love, light and polarity. It then works with the Confederation version of the concept that each person has an energy body with seven chakras. It discusses this concept and its implications for the seeker, chakra by chakra. It turns the player into a Player! This is a light-hearted book about the Game of Life. It is an easy read, and yet the principles of the Law of One are not simplified. Rather, they are offered in an order which makes coherent sense. Principle builds upon principle to offer an overall view of Confederation philosophy which is a bit easier to grasp as a whole than the original Law of One books, where the question-and-answer format offers the same information in a somewhat fragmented form, although with endless interest. If you would like to play the Game of Life with Carla, please give this book a try!

Metaphysical Anatomy Evette Rose 2013 Understand causes of emotional, mental and physical ailments that stem from your ancestry, conception, birth and childhood. If you are an alternative practitioner you will quickly sharpen your skills, learn more powerful approaches to emotional, mental and physical ailments. As a practitioner you will understand and work more efficiently with your clients. Under each disease you will find emotional components and accurate key points guiding you to effective alternative ways to heal and how to find core issues.

The Only Lesson Bill McKenna 2011-08-01 In this true story and journey of discovery, Bill McKenna shares a life of intense experiences. He earned his black belt, learned to fly planes and helicopters, ran marathons, 50 and 100-mile endurance races, survived a several hundred foot free-fall in a skydiving mishap, and saw his life's dream shipwrecked by an unseen island. The journey brought financial success and catastrophe, a constant struggle with crash-and-burn relationships and a battle with depression. Nothing in his life would compare to the intensity of what he was about to experience, all of it quite by accident, and as his sister said, to the unlikeliest of people.

The Complete Handbook of Quantum Healing Deanna M. Minich 2011-01-01 "A beautiful integration of Eastern and Western healing disciplines" from the author of Quantum Supplements (Scott Rigden, MD The Ultimate Metabolism Diet). This book brings together two seemingly disparate worlds—the world of hard, evidence-based science and the world of experientially-based healing to provide a multi-pronged approach to treating common ailments. The A-to-Z format makes reference easy. For each of over 100 health issues, you'll find seven healing options that can help readers activate their inner healing resources ranging from food and dietary strategies to powerful meditation techniques and from time-tested flower essences to ways of invoking "power animals." For some ailments, readers may need just one option, for others, two or three, and sometimes all seven approaches as they try to deal with difficult problems to achieve long-term relief. "A much-needed guide for those wanting to take advantage of the best of what many different healing modalities have to offer . . . I recommend this book with enthusiasm and without reservation."—Alejandro Junger, MD, New York Times bestselling author of Clean "Gems of information on every page for understanding our body and how to be an ally to its healing process."—Steve Sisgold, bestselling author of What's Your Body Telling You? "Consider this a practical and necessary extension of the work of Rosalyn Bruyere, Barbara Brennan and Caroline Myss."—Belleruth Naparstek, author of Staying Well with Guided Imagery "Deanna Minich has done it again! She has managed to write yet another book that is not only an easy step by step guide to healing, but is spiritually practical."—Anni Daulter MSW, author of Sacred Pregnancy

When Your Rabbit Needs Special Care Lucile C Moore 2008-03-01 When Your Rabbit Needs Special Care is an illustrated guide to the care and behavior of rabbits with special needs. The book provides information on topics as diverse as how to administer subcutaneous fluids to a rabbit and how sounds and color help promote healing. Quotes from top rabbit veterinarians and alternative healing practitioners from across the country are included, as are useful tips from rabbit owners who have had experience in dealing with particular medical conditions. The text is illustrated with both photographs and drawings, making it easy for readers to follow. Authors Lucile C. Moore and Kathy Smith provide pet owners with special-needs rabbits with information on basic care, pain control, digestive system problems, chronic illnesses, physically challenged rabbits, progressive disabilities causing mobility problems, dental care, elderbuns, and

emotional issues.

Complete Reiki Karen Frazier 2020-10-13 The complete Reiki reference for a new generation of healers Reiki exists in abundance all around us, and everyone can benefit from its warm, loving energy for balance and healing. Learn how to harness this spiritual power with Complete Reiki, the all-in-one Reiki resource for deep healing and spiritual growth. Think of this book as your wise Reiki teacher, guiding you through your Reiki journey to spread healing to others. This comprehensive guide features straightforward and inclusive training that's accessible and approachable by all, with informative illustrations and instruction that make this book perfect for Reiki students of any age or background. With Complete Reiki, you can: Learn the history--Modern Reiki is a mix of Japanese, Western, and nontraditional Reiki; this book will walk you through the history of the practice and its influential figures. Master all levels--Study the three levels of Reiki--First Degree, Second Degree, and Master-Teacher Reiki-- and train from novice to adept. Explore illustrated guides--Find visual references for Reiki symbols, hand positions, and physical healing sequences to perform energy healing on yourself and others. The guidance you need is now all in one place, with a Reiki book that covers what any practitioner needs to know.

Ritual Luc Sala 2014

AARP The Seven Spiritual Laws of Yoga Deepak Chopra, M.D. 2012-04-17 AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock readers' full creative potential, their capacity for love and compassion, and ability to find success in all areas of their lives. The Seven Spiritual Laws of Yoga brings spirituality back to yoga. It shows how the Seven Spiritual Laws play a crucial role in yoga's path to enlightenment while providing readers with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, The Seven Spiritual Laws of Yoga is a portal to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious, and more abundant life.

Iridology Simplified Bernard Jensen 2012-05-10 Bernard Jensen, who pioneered Iridology in the United States, presents a basic introduction to this science which analyzes the delicate structures of the iris to reveal and locate inflammation in the body. Readers are given an explanation of how the chart works, including detailed illustrations of iris topography showing individual systems charts, and over two dozen color photographs of irises diagnosing stages of different ailments. This book supports Jensen's belief that iridology is an important element in the total, holistic health care program.

Book of the Throne Jose Arguelles 2004-07-26 Using as a foundation a sequence of 260 two-hour galactic mind transmissions, the Cosmic History Chronicles are a system of thought and technique to be learned and applied in order that the human being can take the next steps on the road of evolution into a holographic perceptual system. Through the Cosmic History Chronicles, the great gift of the Law of Time is ripened into a vehicle of universal upliftment, propelling us into our next stage of spiritual-mental evolution.

The Heartfulness Way Kamlesh D. Patel 2018-06-01 "A must-read for anyone interested in incorporating meditation into their lifestyle." —Sanjay Gupta, MD, chief medical correspondent for CNN Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person's faith. Our modern, fast-paced world can be an overwhelming place. Every day, we're bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji's own combination of approaches and practices for the modern seeker—which draws from the teachings of Sahaj Marg, meaning "Natural Path"—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, The Heartfulness Way goes further, providing a pragmatic course to experience those states for oneself, which, per the book's guiding principle, is "greater than knowledge." Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you'll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

Hand Reflexology Workbook Barbara Kunz 2001

CHAKRA HEALING Lorenz Usai 2021-05-13 \*\*55% OFF for Bookstores!! LAST DAYS\*\*\* Whiting all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration, and Chakra Healing can show you how to harness that power with a wide range of simple, beginner-friendly exercises that anyone can do. This book will put you on the path to healing pain, allergies, indigestion, headaches, fatigue, and even emotional turbulence like loneliness. With practical instruction and guidance, you'll learn how to identify what's ailing you and which chakra is causing it. Chakra Healing features: A variety of techniques?Connect with your chakras using everything from meditation to crystals, essential oils, yoga, focused breathing, and even diet. Helpful illustrations?Detailed photos and drawings make the tools and exercises even easier to understand. Beginner-friendly approach?Find accessible, bite-size advice that requires no previous knowledge. Discover the power of balancing your chakras to help

you heal and feel your best.

**The Reiki Manual Penelope Quest 2012-02-02** Reiki is a holistic system for balancing, healing and harmonising all aspects of the person - body, mind, emotions and spirit - encouraging deep relaxation and the release of stress and tension, and promoting awareness and spiritual growth. This comprehensive manual provides much-needed support for students and teachers who want to ensure best practice. It can also be used by people who have taken Reiki courses and want more information, or wish to update their skills and work professionally, or simply treat themselves, family and friends informally. The first three sections cover levels Reiki 1, Reiki 2 and Reiki 3. Information is given in an accessible, structured and interactive way to increase understanding, knowledge and experience. The final section of the manual contains reference material specifically for students who wish to become professional practitioners, and for Masters who wish to expand the scope of the training they can offer to their students. This final section also provides the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice.

**Gemstone & Crystal Properties BarCharts, Inc. 2015-12-31** Identify 135 of the most sought after and popular gemstones, minerals and crystals through photos and descriptions of color variety, luster and transparency range. Scientific and metaphysical properties of each gemstone plus significant meanings or historical uses, or how it is formed. Suggested uses: o Buying Guide - identify metaphysical or historical uses of stones for you personally or as a meaningful gift o Collectors - handy identification and properties reference o Jewelry & Art - know the structure and durability of your materials for mounting or carving

**Body, Mind, Spirit Connections Elyse Curtis 1997-06-01**

**101 Power Crystals Judy Hall 2011-10** The definitive resource for working with powerful crystals! Sparkling, luminous, and colorful, it is no wonder crystals have always been regarded as a source of power from ancient times to present day. But with the enormous number of crystals now on the market, it is difficult to choose exactly the right stone. In 101 Power Crystals, internationally renowned crystal expert Judy Hall brings together 101 crystals that are powerful across a wide spectrum of uses and suitable for all types of user. Not all crystals suit everyone, and the selection has been specially chosen to offer alternatives and new possibilities that may not have been thought of before. This distinctive collection includes high vibration crystals that experienced crystal practitioners will want to explore as well as those with earthier vibrations that are suited to beginners or those developing their sensitivities. It also features some rare and recently discovered crystals and stones that have not been included in any other volume, such as Aurora Quartz, Que Sera, Trigonic Quartz, and Preseli Bluestone. Each entry covers the history, mythology, and symbolism of the crystal in addition to its healing properties and environmental effects. There are crystals and stones for love, health, protection, abundance, and many other powers.

**Steward Leadership Kurt April 2013-06-12** Steward leadership is a form of leadership that focuses on others, the community and society at large, rather than the self. Many senior leaders and executives across the globe appear to 'naturally' move into a stewardship mindset at a ripe age or when their careers have matured, whereas executives of around 30 years old, on average, are typically focused on their personal self-interests. The authors of Steward Leadership: a maturational perspective, who teach MBA courses around the world, wondered how to develop stewards at younger ages and set about creating a framework for stewardship and its requisite behaviour. Their research was conducted among a group of MBA students, testing nine stewardship attributes: personal vision, personal mastery, vulnerability and maturity, risk-taking and experimentation, mentoring, raising awareness, shared vision, valuing diversity, and delivering results. The outcome of the study, which is explored in this book, provides a base-line of attitudes which were tested against various demographic variables. In addition, the authors interviewed industry leaders from around the world to gauge their perspectives on and experience with the concept of stewardship and some of its dimensions, to gain qualitative insights. The results of their research provide the theoretical as well as consulting tools with which organisations can develop stewards, whether through training programmes, mentoring programmes, coaching initiatives and/or personal development practices. The authors believe that stewardship is a more viable and indeed better alternative to current leadership concepts. This book provides a roadmap by which contemporary and upcoming leaders can be guided into developing their leadership abilities – and become the stewards of the future.

**Educational Opportunities in Integrative Medicine Douglas Wengell 2008** Surveys the nine medical licenses as well as fifty nondegree healing modalities--including history, philosophy, basic techniques, and methods--and provides information on career and training opportunities.

**The Pleiadian Workbook Amarah Quan Yin 1995-12-01** The Pleiadian Workbook is a direct transmission from the Pleiadian Emissaries of Light--Light beings from the Pleiades--who say it's time now for spiritual growth, ascension, and healing. Through Amarah Quan Yin, we are taught to open our "Ka Channels," which pull energy from our multidimensional, holographic selves into our physical bodies. These galactic healing techniques align us with our divine selves, raise our vibratory rates, and rejuvenate and balance our bodies, while accelerating spiritual evolution and stimulating emotional healing.

**Magickal Mediumship Danielle Dionne 2020-12-08** Make Contact with Your Beloved Dead for Personal Transformation & Powerful Magick This invaluable resource weaves together mediumship, magick, spiritualism, and ancestral reverence to help you forge strong connections to your deceased loved ones. Professional medium Danielle Dionne provides hands-on exercises and accessible techniques for honoring your ancestors and working with them for divination and healing.

Magickal Mediumship shows you how connecting with the spirits of the dead enhances your spiritual development and empowers your magickal practice. You'll explore recipes and rites to aid communication and psychic ability, rituals to strengthen your relationship with spirit allies and deities, methods for spiritual hygiene and protection, and much more. Death comes to all of us, but it is not an end. This book helps you partner with those beyond the veil and face death as a

positive and natural part of your magick. Includes a foreword by Christopher Penczak.

A Wanderer's Handbook Carla L. Rueckert 2001 A WANDERER'S HANDBOOK is a reference manual for spiritual outsiders: people who feel they may be ETs or who feel they are isolated in their spiritual journey. It explores the alienation that sets such seekers apart, the varieties of the pain of living, the healing of the incarnation, the discovery of the life's mission, and how to live a devotional life in a busy world.

Invoking the Archangels Sunny Dawn Johnston 2011-01-01 No one is truly alone. Anyone can, at any moment, call upon not only one, but seven specific Archangels who bring blessings and protection to those who know how to ask. In Invoking the Archangels: A 9 Step Process to Heal Your Body, Mind, and Spirit, Sunny Dawn Johnston introduces readers to these Archangels and presents a nine-step process to healing-- from physical ailments to relationships, addiction, and even financial struggles.

Ayurveda For Dummies Angela Hope-Murray 2013-03-29 Rebalance your mind, body and spirit—the natural way! Ayurveda is an ancient system of prevention and treatment of illness by maintaining balance in the body, mind, and spirit according to your individual body type. Ayurveda For Dummies provides you with a comprehensive introduction to this area of complementary medicine, considering the origins and history of Ayurveda as well as practical guidance on utilizing the correct balance of nutrition and exercise, herbal remedies, yoga, and Ayurvedic massage to treat ailments and maintain a healthy, happy lifestyle. Helps you develop a diet based on your body type Advises you on ways to optimize your health by exercising to suit your body type Gives you trusted info on stretching your body with Yoga This hands-on, friendly guide helps you understand your body type and restore balance to your life using the principles of Ayurveda.

The Book of Chakra Healing Liz Simpson 2013-03-05 Explains all aspects of the ancient Indian chakra healing process, from ancient myths and archetypes to meditations and visualizations, and provides information on crystals, oils, and home altars.

Aromatherapy for the Emotions Kylie Thompson 2005-05-10 The complete guide to using nature's essential oils to treat negative emotional states, and enhance positive emotions. Contains 51 essential oil profiles according to their effects on emotional states. Contains over 45 recipes for massage oil blends, over 45 recipes for bath blends and over 180 recipes for the oil burner all designed for individual emotional states (eg. grief, fear, anger, anxiety, heartbreak). The book explains how aroma can affect emotions, and also explains how negative emotional states can impact on a person's overall physical and mental well-being. The book also has a detailed section on choosing oils according to personality, and also a section devoted to aromatherapy's effects on the body's energy system and also explains how blockages in the energy system can occur due to prolonged negative emotional states. Individual essential oils are identified according to their chakra orientations. A massage technique for balancing and unblocking the chakras is also described.

The Original Reiki Handbook Of Dr. Mikao Usui Mikao Usui 1999 This Book Will Show You The Original Hand Positions From Dr.Usui's Reiki Handbook. It Has Been Illustrated With 100 Photos To Make It Easier To Understand. The Hand Positions For A Great Variety Of Health Complaints Have Been Listed In Detail, Making It A Valuable Reference Work For Anyone Who Practices Reiki.

The Chakra Bible Patricia Mercier 2007 A comprehensive introduction to chakras, featuring the seven major energy centers of the body, their function, and the ideal way to heal and balance them, details each of the chakras, their associated color, Indian deity, healing stone, and emotional and physical actions and includes step-by-step yoga exercises. Original.

Transition Strategies for Sustainable Community Systems Amar KJR Nayak 2019-01-23 This book presents five critical dimensions on relationships, institutions, production, organisation, and governance from design and systems perspectives for the systematic transition of unstable and vulnerable communities across the world to sustainable community systems. • The first section discusses features of relationships and processes to deep cooperation and trust within a community. • The second section examines institutions within and outside a district to foster synergy across institutions within a district and to minimise negative externalities on local communities within a district. • The third section deals with food production systems that are nature-friendly, resilient, efficient and sustainable. • The fourth section discusses the design of producer organisations that can graduate to become sustainable community enterprise systems. • The fifth section focuses on community governance that can facilitate decentralised, participatory, transparent and democratic local governance systems. This book • offers a fresh perspective on design thinking for optimising internal design consistencies. • provides a systems perspective on building sustainable community systems at the lowest governance unit in different countries, such as Ward/Gram Panchayat/Panchayat Council/Gewong/Union Council/GN. • gives insights into design & systems perspectives towards building sustainable community systems within a district of any country across the world.

Animal Speak Ted Andrews 2010-09-08 Open your heart and mind to the wisdom of the animal world. Animal Speak provides techniques for recognizing and interpreting the signs and omens of nature. Meet and work with animals as totems and spirit guides by learning the language of their behaviors within the physical world. Animal Speak shows you how to: Identify, meet, and attune to your spirit animals Discover the power and spiritual significance of more than 100 different animals, birds, insects, and reptiles Call upon the protective powers of your animal totem Create and use five magical animal rites, including shapeshifting and sacred dance This beloved, bestselling guide has become a classic reference for anyone wishing to forge a spiritual connection with the majesty and mystery of the animal world.

Herbal Therapy Quick Reference Guide Lynne M. Dunphy 2005-01-01 Coverage of various herbs and their medicinal purposes. Tables complete with herbs illustrated and information arranged for ease of reference.

Chakras for Beginners David Pond 2011-01-08 You may think that difficult situations and emotions you experience are caused by other people or random events. This book will convince you that inner imbalance is not caused by situations in

the outer world—instead, your imbalances create the situations that interfere with your sense of well-being and peace. Chakras for Beginners explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises, meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress. Discover colors and crystals that activate each chakra Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality Practice spiritual exercises, visualizations, and meditations that bring your energies into balance

Power of Symbols K V PRABHU 2019-11-13 Power of Symbols is the perfect book for your journey into the world of Reiki and other healing symbols. The world is a stressful place. You have a keen interest in Reiki healing and spirituality, and you managed to pursue the course, but you still need some help with the symbols. What do you do now? Well, you don't have to worry because this book has all the details you need!

The Illustrated Encyclopedia of Body-mind Disciplines Nancy Allison 1999 Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies

Through the Gateway of the Heart Sophia Adamson 2013 Originally published in 1985 before MDMA (OecstasyO) became illegal, this edition is a compilation of experiences conducted in supportive and/or therapeutic settings. These accounts illustrate the value and potential of MDMA for generating insight, facilitating empathic communication, and supporting spiritual practice.

Trigger Points Quick Reference Guide BarCharts Inc., Staff 2007-12-14 Loaded with beautifully illustrated diagrams clearly and concisely labeled for easy identification. Illustrations by award-winning medical illustrator Vince Perez.

Handbook of Acupressure Dr. A.K. Saxena & Dr. Preeti Pai 2017-01-01 The Life of Gargantua and of Pantagruel is a pentology of novels written in the 16th century by François Rabelais, which tells of the adventures of two giants, Gargantua and his son Pantagruel.

Chakra Affirmation Chart Misha Johnson 2017-07 8 x 10 coated cover stock, 2-sided. A beautifully designed clear and concise chart depicting the physical, emotional, and spiritual connections of the 7 chakras. Color coded and complete with the sanskrit names, and the yogic symbol of each chakra. On the back side you will find a comprehensive selection of affirmations to accompany each chakra to help strengthen and balance each energy center. Used for self healing and yoga practice, as well as massage, reiki, and other healing arts.

Biology of Kundalini Jana Dixon 2020-06-10 2nd Edition: A manual for those going through spiritual journeys and kundalini awakenings. Listing symptoms, practices and health suggestions to reassure the reader that transmutation and the evolutionary process of metamorphosis is both normal and essential to the "deeper" experience of being human. Evolutionary biologists and neurologists may find some clues in this book to aid their research.

Unlocking the 7 Secret Powers of the Heart Shai Tubali 2018-09-18 An invitation to discover and develop your heart powers and tap into heart energy • Features accessible yet profound wisdom about the power of the heart and approaches for tapping into heart energy • Reveals that the heart, often perceived as our most vulnerable and fragile place, is in fact the source of our greatest potential • Supports individual heart-work by offering simple and practical exercises, meditations, and visualizations proven effective through many years of practice The heart is more often associated with vulnerability than hidden powers. We generally feel the need to protect our heart, building high walls after experiences of emotional pain and hurt. This response is unconscious, and since the modern world teaches us to rely on the brain to guide our life and actions, many of us find it hard to connect to the power and skills within our own hearts. Addressing the fears and feelings of insecurity that can arise and prevent us from opening up to the treasures we hold within, Shai Tubali reveals that the heart, often perceived as our most vulnerable and fragile place, is in fact the source of our greatest potential. Providing practical advice, exercises, meditations, and visualizations proven through his own heart-work practice, he shows how to tap into the heart's energy field and easily activate its seven secret powers: wisdom, vulnerability, forgiveness, ability to love, infinite energy, transformation, and self-acceptance. He explains how our modern education system develops our mind perception only, focusing on the goal of being successful and urging us constantly to be faster and better. Not only does this not bring happiness and fulfilment, but it may even cause stress and illness. Showing how to transition from mind to heart perception, Tubali helps us understand more about our heart's skills and how to implement its powers by healing inner energetic and emotional blockages. Calling for a change from one-sided mind perception and behavior, Tubali urges us to get in touch with our core and surrender completely to our heart energy, leaving all misconceptions behind and tearing down protective walls to discover our full potential. Unlocking the seven heart powers will lead to a deep sense of peace, balance, and fulfilment and enable you to approach life from a place of trust and love.