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Your Inner Awakening: The Work of Byron Katie: Four Questions That Will Transform Your Life. Lord, grant me the serenity to accept the things i cannot change, the courage to change the things i can and the wisdom to tell the difference. Having worked on the 4 questions worksheet from the recommendation of many of my friends who are coaches,...

Your Inner Awakening: The Work of Byron Katie: Four

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The book is about awakening your inner wisdom, inner power, inner beauty and your inner Self. Living a fulfilling life is a skill that requires both practice and understanding. This book provides both. It can be used for inspiration, or as an instruction handbook. It contains several meditation and other practices for self improvement.

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Deriving various techniques and processes from the Vedic scriptures and teachings like Patanjali Yoga Sutras, Hatha Yoga, Gheranda Samhita, Inner Awakening " offers a powerful awakening of the Kundalini

Shakti, one's inner potential, through meditation, spiritual processes, yoga, pranayama, kriyas, and the powerful Shivoaham process.

Inner Awakening

THE WILL OF GOD. The most wonderful thing in the world is the Will of God. The Will of God for you at the present moment is something glorious and beautiful, thrillingly interesting and joyous, and, in fact, far beyond anything that you could possibly sit down and wish for with your conscious mind.

FIND AND USE YOUR INNER POWER - IAPSOP

Each book comes with three different formats (mobi, ePub, PDF) so that you can easily read on your phone, tablet, eReader, or computer at any time. In summary, you receive: Shadow Work Journal (130 pages)
" Deepen your awakening by exploring, integrating, and releasing your inner demons

The Spiritual Awakening Bundle † LonerWolf

In Your Inner Awakening, Byron Katie will teach you how to use The Work for yourself to question and undo any stressful thought that keeps you from experiencing mental clarity. You'll discover that trying to let go of a painful thought never works; instead once you have investigated it, the thought lets go of you.

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