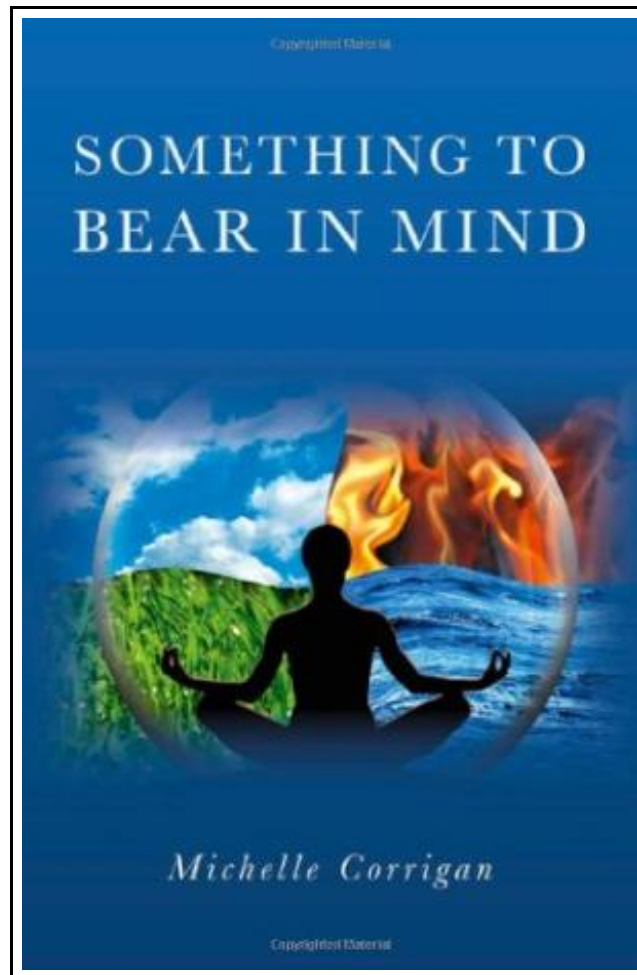


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John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Something to Bear in Mind: A Heart-Warming Pot -Pourri of Yoga, Buddhism, Shamanism and Spiritual Philosophy for Empowering Yourself, Michelle Corrigan, A heart-warming Pot Pourri of Yoga, Buddhism, Shamanism and Spiritual Philosophy giving the reader a Thought of the Day, which may be just that - a thought, or an invitation to practice a meditation, connect with nature or a practical ceremony. The Reader will be guided to visit their inner world, connecting with their emotions as well as nature as the seasons change and also linking with their Higher Self. This will help the Reader to be more rounded, more balanced understanding one's Self. These techniques will help the Reader to live in the present, remove toxins and blocked energy from the body as they become more centred which will strengthen their life force making them feel more whole in mind, body and spirit. To live in peace and harmony is to live in beauty. Michelle has brought together the energies of Yoga, Buddhism and Shamanism, which come together beautifully and Michelle has in fact shown that there is no separation but different paths can be taken to reach the same goal which is liberation and wholeness.

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