

The Inner Vision Series



Meditations with

Iyanla Vanzant



giving to Yourself First

Guided Meditations for Self-Acceptance & Self-Esteem

# Giving To Yourself First Guided Meditations For Selfacceptance Selfesteem

**Jan Sadler**



## **Giving To Yourself First Guided Meditations For Selfacceptance Selfesteem:**

**Your Resonant Self** Sarah Peyton, 2017-09-12 Practices for well being based in neuroscience and geared toward kindness Skills for people to learn to be with themselves in the healthiest way possible When we experience trauma or need to find a way to protect ourselves from interpersonal hurt we make unconscious contracts with ourselves such as I will never let myself get treated that way again or I will never forgive myself for that But these contracts often result in harmful behaviors like self criticism lack of trust and procrastination Until we recognize and free ourselves from these damaging contracts we can never truly heal Your Resonant Self Workbook From Self sabotage to Self care takes us through the world of relational neuroscience and using the lens of unconscious contracts explores how our brains nervous systems and bodies react to the brains nervous systems and bodies of others Case studies resonant language practice questionnaires meditations and journaling provide readers with healing strategies for uncovering and rewriting these contracts Following Your Resonant Self this workbook provides the tools to turn inward with kindness warmth and curiosity and create opportunities for self healing

**Radical Self-Love** Gala Darling, 2016-02-09 Have you ever dreamed of a life full of laughter love and sequins but felt totally clueless about how to make it happen You re not alone Best selling author and speaker Gala Darling spent years in soul sucking jobs battling depression an eating disorder and a preference for chaos and disaster simply because she didn t know how to create the life she dreamed about In Radical Self Love you ll discover exactly what makes you so magnificent and you ll gain a litany of tools and techniques to help you manifest a life bursting with magic miracles bliss and adventure Featuring fun homework exercises and cool illustrations this book will take you from learning to fall madly in love with yourself to loving others to making your world a more magical place through style self expression and manifestation When you love yourself life is limitless You can do anything you want It s time to throw off the shackles of expectation and judgment and start living from your heart It s time to astound yourself with how beautiful your life can be It s time to treat every single day like a celebration I believe that radical self love can go hand in hand with a ruby red lip that learning how to love yourself can be a party streamers disco balls helium balloons and all xo Gala Radical Self Love should be on every woman s bookshelf Gabrielle Bernstein

*Please Yourself First:* Nathan Bell, 2025-08-14 Please Yourself First Are you tired of putting yourself last constantly drained from meeting everyone else s expectations while ignoring your own needs Please Yourself First is your guide to reclaiming your time your energy and your truth without guilt shame or apology This transformative book leads you on a journey back to your most authentic self It offers you the tools and mindset shifts necessary to break free from people pleasing habits set clear boundaries and finally live a life that feels true to who you are Whether you ve been silently struggling to find your voice or simply feel disconnected from your own desires this book will help you reconnect with what matters most you You ll explore emotional healing the myths around selfishness and the power of intentional living With empowering reflections and gentle guidance this book gives you permission to choose yourself and teaches you how to do it

with strength and compassion Inside This Book You ll Discover The Myth of Selfishness Why It s Okay to Prioritize You Setting Boundaries Without Guilt Overcoming People Pleasing Habits Building Self Respect and Confidence Embracing Alone Time as a Gift Healing from Past Patterns of Neglect Celebrating Your Progress and Living Authentically This isn t just a guide it s a declaration that your well being matters It s time to make choices that support who you really are to stop shrinking yourself for the comfort of others and to begin living from a place of self honor Scroll Up and Grab Your Copy Today

**First, Love Yourself:** Nathan Bell, 2025-08-14 First Love Yourself What if the most important relationship you ever have is the one you ve been neglecting the most your relationship with yourself First Love Yourself is a transformative guide that invites you to stop chasing validation and start embracing the power peace and freedom that comes from within This book isn t about becoming someone new It s about peeling back the layers of doubt fear and conditioning so you can reconnect with who you truly are worthy whole and deeply enough With compassion and clarity this book explores the emotional mental and practical foundations of self love You ll walk through moments of healing reflection and empowerment as you learn to embrace authenticity speak to yourself with kindness and surround yourself with what truly uplifts you Whether you re just beginning your journey inward or you ve been walking this path for some time these pages will remind you of your strength your beauty and your potential to grow through anything Inside This Book You ll Discover Understanding Self Love The Foundation of Happiness The Power of Positive Self Talk Letting Go of Negative Influences Setting Boundaries with Compassion Embracing Your Unique Strengths Healing from Past Wounds Living Authentically Your Self Love Journey Every chapter holds a mirror to your inner world and offers the tools to rebuild reconnect and rise with love Scroll Up and Grab Your Copy Today

**135+ Guided Meditation Scripts (Volume 3)** Jaime Wishstone, For Yoga Teachers Meditation Practitioners Life Coaches Consultants and Anyone Seeking Healing Stress Reduction Spiritual Connection Sleep Enhancement Self Love Self Compassion Relaxation Personal Growth and Mindfulness Join me on a transformative journey that leads you through diverse landscapes of the mind and emotions This volume is tailor made for yoga teachers seasoned meditation practitioners life coaches consultants and individuals seeking profound self improvement and inner peace Inside this volume you ll find Healing Trauma and Embracing Resilience Explore scripts for healing trauma supportive touch and grounding exercises Cultivate self compassion find your safe place and embark on new beginnings Reconnect with your inner child and start your journey towards harmony and healing Stress Reduction and Mindful Relaxation Discover powerful stress relief visualizations affirmations and breathing techniques Let go of anxiety and tension find peace in the present moment and manage stress mindfully Ground yourself and activate your deep relaxation response with calming scripts Spiritual Connection and Abundance Manifestation Explore your spiritual side with goal manifestation and the law of attraction Dive into distance Reiki healing and connect with your higher self Embrace abundance in all aspects of your life with a mindset of prosperity Enhanced Sleep and Self Love Experience deep and restorative sleep with sleep

meditation and white light visualization Calm the overthinking mind and manifest your dreams in the dream world Nurture self love and acceptance with scripts for setting boundaries accepting imperfections and embracing your worth Personal Growth and Mindfulness Mastery Set goals boost productivity and overcome procrastination Cultivate a growth mindset build resilience and become your best self Master the art of mindfulness with scripts for observing thoughts mindful movement eating and more Love and Relationship Strengthen your relationships with self love and acceptance Nurture intimacy trust and communication in your partnerships Heal a broken heart forgive and find inner peace and harmony in your connections Inner Peace and Confidence Access inner peace through visualizations breath awareness and affirmations Boost your confidence transform troubling thoughts and trust your path Quieten your inner critic practice presence and learn the art of letting go Cultivating Gratitude and Compassion Cultivate a habit of gratitude build compassionate habits and bring awareness to yourself Enhance your body language with standing meditation and envision success in abundance No matter where you are on your spiritual or personal growth journey 135 Guided Meditation Scripts Volume 3 is your trusted companion Whether you re a yoga teacher looking to enrich your classes a life coach seeking powerful tools or an individual dedicated to self improvement these scripts will guide you towards a more peaceful balanced and enlightened life **How**

**to Be Nice to Yourself: The Everyday Guide to Self-Compassion** Laura Silberstein-Tirch, 2019-06-25 Practice deep self compassion with a wide range of strategies Today s the day to start loving yourself How to Be Nice to Yourself makes it simple to start practicing self compassion with a wide variety of techniques and strategies that anyone can learn Filled with easy to use advice drawn from a variety of sources including meditation mindfulness and acceptance and commitment therapy this book will help you find the right way to start feeling good about yourself How to Be Nice to Yourself The Everyday Guide to Self Compassion includes Proven Strategies Learn a variety of ways to practice self compassion daily with meditations writing exercises and more Practical Advice Bring self compassion to your thoughts emotions and actions with exercises that can easily be applied to your daily life Personalized Approach Customize your self compassion practice with a personalized plan based on what matters to you and the kind of changes you want to see Start loving yourself with the techniques that work best for you You ll discover them in How to be Nice to Yourself The Everyday Guide to Self Compassion

**The Power of Self Care: A Guide to Wellness and Balance. Making Yourself Your First Priority** Anna Diamond, 2024-12-16 Self Care Revolution Embrace Wellness and Transform Your Life Discover the Power of Self Care Welcome to Self Care Revolution Embrace Wellness and Transform Your Life your ultimate guide to understanding the crucial importance of self care in today s fast paced world This comprehensive e book is designed to empower you to prioritize your well being manage stress and cultivate a healthier more balanced lifestyle Why Self Care Matters Imagine being a high speed train constantly racing against time and barely stopping to refuel Eventually something s got to give That s where self care steps in not as a luxury but as a necessity This book dives deep into why self care is your secret weapon for

living your best life and how it can transform every aspect of your existence

**Key Topics Covered**

- 1 Managing Stress and Preventing Burnout Learn how self care acts as your personal reset button helping you manage stress and stave off burnout
- 2 Enhancing Physical Health Discover healthy habits like balanced eating regular exercise and quality sleep to keep your body running at peak performance
- 3 Boosting Mental and Emotional Well Being Recognize and address your emotions to transform how you handle life's challenges and improve mental clarity
- 4 Building Stronger Relationships Understand the importance of setting healthy boundaries and nurturing meaningful connections with others
- 5 Increasing Productivity and Creativity Find out how regular self care breaks can boost your productivity and spark creativity
- 6 Promoting Longevity and Quality of Life Consistent self care practices contribute to long term health ensuring you live longer and better
- 7 Encouraging Personal Growth and Self Discovery Use self care as a tool for reflection self awareness and continuous improvement
- 8 Creating a Positive Impact on Society Learn how your well being can inspire and uplift those around you creating a ripple effect of positivity and health

**Your Personal Wellness Journey** In this book you will find practical advice personal stories and actionable strategies to help you prioritize self care From the challenges of daily life to the transformative power of simple self care practices this guide will support you every step of the way

**Start Small** Incorporate simple self care practices into your daily routine

**Be Consistent** Make self care a non negotiable part of your schedule

**Listen to Your Body** Pay attention to your body's signals and respond accordingly

**Seek Support** Reach out for help when needed and build a supportive community

**Embrace the Journey** Self care is not a destination it's a journey It's about making choices every day that honor your needs and well being Remember you're worth the time and effort it takes to take care of yourself

Prioritizing self care is not selfish it's essential Join the Self Care Revolution Take the first step today and transform your life with the power of self care This e book is your companion on the path to wellness offering insights inspiration and practical tools to help you thrive You've got this

**Discover your self: "a guide to daily affirmations, meditation, mindfulness and building self confidence"** G.P Mariano Stefani,2021-07-05 This document is geared towards providing exact and reliable information with regards to the topic and issue covered The publication is sold with the idea that the publisher is not required to render accounting officially permitted or otherwise qualified services If advice is necessary legal or professional a practiced individual in the profession should be ordered

**Mindfulness Workbook for Self-Love** Joel Black,2025-06-17

Foster self love through mindfulness We all deserve love and compassion Yet sometimes it's easier to have grace for other people rather than ourselves This supportive workbook teaches you the tenets of mindfulness so you can develop the tools for curbing self judgment cultivating self love and being gentler to yourself Explore the foundations of mindfulness Learn all about the seven core principles of mindfulness and how effective it can be in helping you reduce stress improve focus increase happiness and so much more Reflect with thoughtful prompts Gain a clearer understanding of your relationship with self worth your struggles with self criticism and your self love goals through insightful questions Embrace engaging exercises

Start building your own mindfulness practice with a variety of exercises like going on an acceptance walk writing your own trust mantras and trying to learn something new Transform your outlook and heighten your happiness with the Mindfulness Workbook for Self Love     Exercise: The Lazy Person's Guide! Helen Graham, 2002-04-25 Fed up with feeling guilty about not doing those regular workouts you've been promising to start We know that exercise is good for us but why does it have to be such hard work Helen Graham is here to tell you it doesn't have to be it's possible to achieve results with a much more gentle and balanced approach to fitness An accessible guide to everything from yogic breathing to pilates and dynamic relaxation Exercise The Lazy Person's Guide is a must for those of us looking for an effortless remedy a way to exercise without doing very much at all The Lazy Person's Guide is a series of popular cheerful yet thoroughly grounded practical and authoritative books on various health issues and conditions Other titles in the series include Beating Overeating Detox Improving Your Memory Midlife Quitting Smoking Self esteem and Stress Other books by Helen Graham include Healing with Colour Make Stress Work for You and Soul Medicine Exercise The Lazy Person's Guide Table of Contents Introduction Having a Lie Down Taking a Breather Sounds Relaxing Taking It Easy Letting Your Mind Wander Stretch Yourself Getting a Move On Going Further     *The Complete Guide to Healing Your Inner Self* Radames Cory Dixon, 2025-01-04 Discover Lasting Peace Emotional Strength and Inner Transformation Unlock the power of self healing and emotional growth with this Comprehensive Workbook for Healing Your Inner Self and Building Emotional Strength Designed for readers seeking meaningful change this book combines practical tools expert insights and guided exercises to help you reconnect with your inner child establish emotional resilience and create a balanced fulfilling life What You'll Gain Healing Techniques for Your Inner Child Learn proven strategies to nurture your inner child and overcome emotional wounds Emotional Regulation Practices Explore mindfulness exercises affirmations and expert guidance to foster lasting emotional strength Personalised Tools for Self Reflection Dive into thoughtfully curated worksheets journal prompts and guided meditations that encourage deep self discovery Practical Boundary Setting Strategies Master techniques for creating healthy personal boundaries to safeguard your emotional well being Inclusive Support for Diverse Experiences Tailored advice for individuals navigating complex family dynamics or cultural expectations Why This Book Stands Out This workbook blends the science of emotional healing with practical application making it accessible to readers at every stage of their journey With over 50 guided exercises journaling prompts and downloadable resources it equips you with the tools to turn insights into action Ideal for Readers Who Want To Overcome limiting beliefs and rewrite their life narrative Cultivate self compassion and build a positive inner dialogue Find practical solutions to manage stress anxiety and emotional triggers Create lasting harmony between their inner and outer selves Perfect for Self Help Enthusiasts and Professionals Alike If you're embarking on your self healing journey or seeking tools to enhance your therapeutic practice this book serves as a transformative resource It is ideal for those pursuing personal growth or professionals such as therapists coaches and educators looking to empower their clients

The Crystal Path Georgina Easterbrook,2023-03-16 Discover how to unlock your true potential through the power of crystals from TikTok superstar athenascrystals \_\_\_\_\_ The life of your dreams is within your reach and you already have what it takes to get it Georgina Easterbrook founder of Athena s Crystals and TikTok sensation is your divine guide who will teach you how to harness the power of crystals and take control of seven key aspects of your life LOVE MONEY HEALING CONFIDENCE PROTECTION MANIFESTING HAPPINESS Whether it s romantic love emotional healing achieving your career goals or manifesting your deepest desires there is a crystal to help you every step of the way from the mindful energy of Sodalite to the self love brought by Rose Quartz And with Georgina guiding you through every step you can build a future that aligns with your innermost goals In Spring use Seraphinite if you re ready for some real change in your life For the lunar eclipse in Scorpio dive deep into your emotions with Labradorite the stone of self discovery As we grow towards Summer use Amazonite to embrace self expression without anxiety inspired by the Sun in Leo You can make your dreams a reality all you need to do to tap into your inner voice is follow the crystal path **Fundamentals of Nursing - E-Book** Patricia A.

Potter,Anne Griffin Perry,Patricia Stockert,Amy Hall,2016-02-02 It s your complete guide to nursing from basic concepts to essential skills Fundamentals of Nursing 9th Edition prepares you to succeed as a nurse by providing a solid foundation in critical thinking evidence based practice nursing theory and safe clinical care in all settings With illustrated step by step guidelines this book makes it easy to learn important skills and procedures Care plans are presented within a nursing process framework and case studies show how to apply concepts to nursing practice From an expert author team led by Patricia Potter and Anne Griffin Perry this bestselling nursing textbook helps you develop the understanding and clinical reasoning you need to provide excellent patient care 51 skills demonstrations provide illustrated step by step instructions for safe nursing care and include rationales for each step 29 procedural guidelines provide streamlined step by step instructions for performing basic skills UNIQUE Critical Thinking Models in each clinical chapter show how to apply the nursing process and critical thinking to achieve successful clinical outcomes Evidence Based Practice chapter shows how nursing research helps in determining best practices UNIQUE Caring for the Cancer Survivor chapter prepares nurses to care for cancer patients who may still face physical and emotional issues Case studies include unique clinical application questions and exercises allowing you to practice using care plans and concept maps The 5 step nursing process provides a consistent framework for care and is demonstrated in more than 20 care plans 15 review questions in every chapter test your retention of key concepts with answers available in the book and on the Evolve companion website Practical study tools on Evolve include video clips of skills skills checklists printable key points a fluid electrolytes tutorial a concept map creator an audio glossary and more UNIQUE Clear streamlined writing style makes complex material more approachable More than 20 concept maps show care planning for clients with multiple nursing diagnoses Key points and key terms in each chapter summarize important content for more efficient review and study Unexpected Outcomes and Related Interventions for each



skill alert you to potential problems and appropriate nursing actions Delegation coverage clarifies which tasks can and cannot be delegated A glossary provides quick access to definitions for all key terms      [Pain Relief Without Drugs](#) Jan Sadler,2007-02-07 A practical effective and inspiring guidebook for dealing with chronic pain Explains how to reduce pain's grip on the body and mind by changing your personal reaction to pain Presents successful strategies from the author's 25 years of coping with her own pain Includes 55 minute CD of author's key techniques for controlling pain In 1989 following surgery for a back injury Jan Sadler was left in constant pain with no hope of any further conventional treatment and no adequate prescription drug therapy Rather than settle for a life of chronic suffering she gave up her career teaching English and began an investigation into the self treatment of her pain Building on her skills as a teacher she incorporated the pain management techniques she discovered into programs that would help other sufferers learn how to cope with pain and find truly effective relief from its debilitating effects Sadler shows how we can reduce pain's grip by changing our personal reactions to the pain we are feeling Chronic pain keeps our attention fixed firmly on our anguish which then feeds the painful reaction back into our perception of being in pain creating a vicious cycle By allowing our reaction to become one of relaxation and acceptance the pain is dramatically lessened both by the absence of a negative perception and by the infusion of relaxation into the point of pain In Pain Relief without Drugs Sadler provides easy to use self help techniques that offer support and understanding in breaking pain's cycle from relaxation visualization and breathing techniques to setting goals building self esteem and coping with pain flare ups The author's 25 years of coping with her own pain and 16 years of teaching pain management techniques result in a book that is filled with practical activities and possibilities for a better life The book is accompanied by a 55 minute CD narrated by the author of key techniques for controlling pain      [Spells for Good Times](#) Kerri Connor,Krystle Hope,2022-05-08 Say Hello to a Brighter Happier Future Featuring a variety of simple spells rituals meditations and more this practical guide helps you and your community raise positive energy and create the loving compassionate world you desire Bring out the best in yourself and others with more than fifty activities such as a spell to cope with loss and a ritual to heal a community divide This book also covers how to nourish your body mind and spirit with wholesome self care recipes like revitalizing shower steamers and lavender rose hot chocolate Filled with tools that can be used throughout the day this cheerful book shows you that now is the perfect time to step into the sunny joy filled life you deserve      **HowExpert Guide to 365+ Self Care Tips** HowExpert,2025-02-26 HowExpert Guide to 365 Self Care Tips is your ultimate daily companion for cultivating well being self love and happiness in a balanced life This engaging guide takes you on a year long self care journey offering 365 actionable self care tips to help you prioritize yourself reduce stress and build lifelong habits for a healthier more fulfilling life Whether you're a busy professional a self care enthusiast or someone looking for simple ways to improve your daily well being this book provides practical easy to implement strategies to nurture your mind body and soul every day Inside you'll explore Introduction Gain a clear understanding of self care break common

misconceptions and learn how to build a sustainable self care routine that fits your lifestyle Chapter 1 January Building Your Self Care Foundation Establish essential self care habits set boundaries and create daily rituals to support your overall well being Chapter 2 February Mindfulness Mental Wellness Practice mindfulness techniques manage stress effectively and harness the power of journaling for mental clarity Chapter 3 March Self Love Emotional Healing Strengthen self worth develop self compassion and build emotional resilience for a more fulfilling life Chapter 4 April Physical Wellness Body Care Prioritize movement sleep and nutrition with simple yet effective self care strategies for a healthier lifestyle Chapter 5 May Social Wellness Healthy Relationships Foster meaningful connections improve communication and set boundaries to protect your energy Chapter 6 June Creativity Play Joyful Expression Reignite creativity embrace hobbies and infuse more joy and laughter into your daily routine Chapter 7 July Rest Relaxation Slow Living Learn to slow down embrace rest and create peaceful nighttime rituals for deeper relaxation Chapter 8 August Beauty Skincare Pampering Rituals Indulge in self care through skincare spa days and personal style to boost confidence and well being Chapter 9 September Growth Reflection Life Visioning Set meaningful goals cultivate a growth mindset and use daily reflection to track personal progress Chapter 10 October Nature Travel Outdoor Wellness Experience the healing power of nature mindful travel and grounding techniques for balance Chapter 11 November Spiritual Inner Well Being Deepen inner peace through meditation breathwork and self reflection to align with your purpose Chapter 12 December Sustainable Self Care for Life Reflect on your self care journey set long term wellness goals and make self care a lifelong habit Bonus Chapter Deep Self Care Unique Practices Explore unconventional and advanced self care techniques to elevate your well being and personal growth Conclusion Reflect on your self care journey celebrate your progress and embrace self care as a lifelong habit to maintain balance and well being Appendices Discover essential resources tools and techniques to further enhance your self care practice and ensure continued growth and success With 365 self care tips designed to help you create a more balanced fulfilling and joyful life HowExpert Guide to 365 Self Care Tips is the perfect resource for anyone looking to incorporate self care into their daily routine Whether you re just starting your self care journey or refining your existing practices this book provides daily inspiration motivation and practical strategies to help you feel your best every single day HowExpert publishes quick how to guides on all topics from A to Z

**Recovery of Your Self-Esteem: A Guide for Women** Carolyn Hillman, 2014-07-01 Put a stop to feelings of inadequacy with these strategies practices and exercises With warmth and encouragement along with her original ten step process Carolyn Hillman puts self esteem and the accomplishment and real satisfaction it engenders within the reach of every woman Her straightforward approach to conquering feelings of inadequacy and self defeating behavior include Practicing six key ways of nurturing yourself Recognizing and appreciating your good points Silencing the inner critic and heeding the inner child Breaking the self imposed failure cycle Overcoming external obstacles that limit your progress Recovery of Your Self Esteem A Guide for Women supports readers with participatory exercises and inspiring

examples that confirm feelings of increased self respect and achievement It offers invaluable advice and understanding that will pave the way toward feeling better more of the time *A Practical Guide to Self-Hypnosis* Melvin Powers,2019-11-19

Melvin Powers *A Practical Guide to Self Hypnosis* is a comprehensive manual that delves into the theory and practice of self hypnosis The book provides a step by step guide on how to induce a hypnotic state as well as practical exercises for achieving personal goals through self hypnosis techniques Powers writing style is clear and accessible making it an essential resource for both beginners and experienced practitioners of hypnosis The book is a valuable contribution to the field of self help and personal development literature offering practical tools for harnessing the power of the mind Melvin Powers *A Practical Guide to Self Hypnosis* is a must read for anyone interested in exploring the potential of self hypnosis for self improvement and personal growth

**Hypnosis** Devon Hales,2020-10-06 This is a 3 book bundle which addresses various subtopics including but not limited to these Book 1 Have you ever considered hypnosis What does hypnosis do And why is there so much confusion about it These and many other questions will be answered in this guide Along with this you will read or hear more about the benefits and the disadvantages of hypnosis how it is used for clinical treatments how it can heal our bodies why so many people use it to control their weight sleeping patterns or fertility and which myths exist debunked All of these topics will shed more light on a phenomenon so many people don t fully understand Book 2 Hypnosis and self hypnosis have benefitted many people Seeing that you have taken the initiative to look at this book it s safe to assume that you are intrigued by the possibilities it may offer Well fear no longer my friend because a lot of ideas and techniques will be discussed in this brief book You will learn among others about psychedelic dreams the effects of hypnosis on fibromyalgia what self hypnosis can do how you can stop procrastinating reduce pain or relieve stress Some of those subjects will be highlighted more than others but I can promise you that you will most likely learn something new Book 3 How does hypnosis work What is good for And how can you be more effective at it These are questions that might come to mind when you study the topic of hypnosis In this brief guide we will address the ins and outs of what it is and how it is used Additionally we will look into how it can reduce labor pain help children with their language skills or adults with forgotten languages boost self confidence help with weight loss and much more Learn more now so you too can enter the realm of endless possibilities that pertain to hypnosis secrets of the universe

**The Rise Of Divine Feminine** Dr. Pretty Thakur,2018-02-12 *The Rise Of Divine Feminine* is a dedication to all warriors of the light who sacrificed their lives for bringing forward the truth about what is so wrong in the world today The problems we face today collectively in the world are not the big things they are very small issues buried deep in the psyche of the human mind Our failure to understand this has led to the root of all our problems in the outer world This book attempts to bring to light these small issues of our mind and help us understand how the mind can be either our most dangerous enemy or our most dedicated friend Through spirituality and scientific support we can reverse this imbalance This book is a soft knock on our minds to wake us and show us who we really are and seize our power by

discovering the wonders of our human mind and to reclaim our position as God's most wonderful creation The Rise of Divine Feminine is a book for today's new generation It is an initiative to understand the root of all our human problems and upgrade our knowledge on this subject to create legendary humans

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