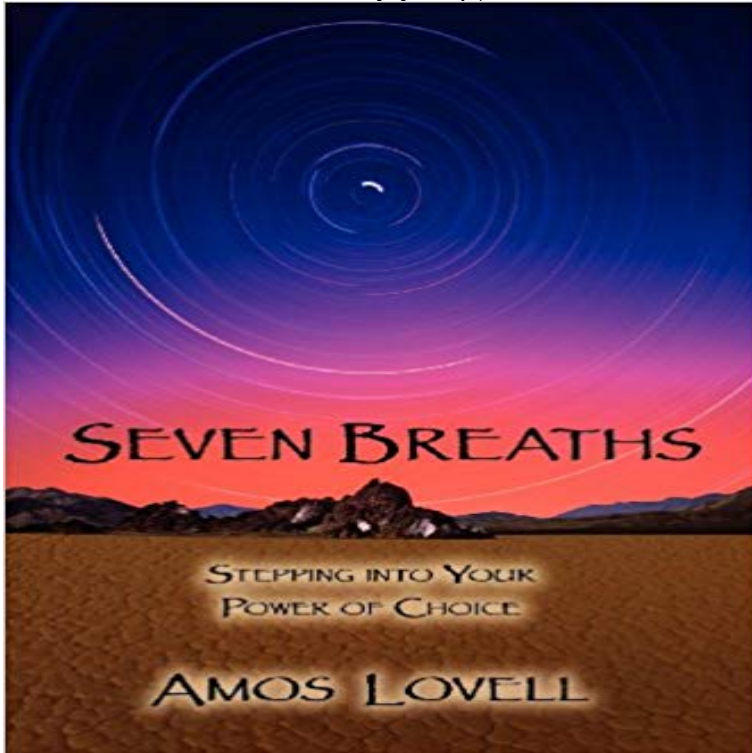


Seven Breaths: Stepping Into Your Power of Choice



Even the longest journey begins with a single breath... This user friendly guide to personal change and self-awakening contains simple, practical exercises designed to lead you, in your own terms, to the changes in life that you want, or support you in finding out what you want by noticing your true nature. Seven Breaths allows your thinking and beliefs to move toward a new chosen direction, affecting your behavior, the voice in your head and the voice you share with others. As your thinking shifts and the voice shifts, so does your view of the world and your behavior. You notice that your experience of life begins to align with your desires. You engage as a fully powerful creator that you are. You begin to get what you want, to live life on your terms, to become more balanced and happy. This can permanently reverse negative health conditions including stress, addiction and even terminal illness. Breathing with intention connects the body and the conscious mind with unlimited power and resources available to all of us. Seven Breaths invites you to step purposefully into your own vision, creating ease, success, balance and fulfillment. Since 1986, Amos Lovell has combined conventional psychology and intuitive perception into a unique and practical model for spiritual healing. He is the creator of a series of guided visualization CDs that promote relaxation, internal shift, and core level change. A flute player, singer, artist, teacher, and father of two grown children, he has helped many to achieve greater spiritual and emotional wellbeing.

Seven Breaths: Stepping Into Your Power of Choice by Amos Lovell **Seven Breaths: Stepping Into Your Power of Choice River** Seven Breaths: Stepping Into Your Power of Choice. \$14.00 Alchemy_coverLARGE. The Alchemy of Caregiving: Transforming Grief and Loss into Wholeness. **Seven Breaths: Stepping Into Your Power of Choice by - AbeBooks** QVZfV4T4PwMw Doc Seven Breaths: Stepping Into Your Power of Choice (Paperback). Seven Breaths: Stepping Into Your Power of Choice. (Paperback). **The Friend - Google Books Result** Jun 11, 2013 And step into your

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