

Mindlight - Silver Ravenwolf

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According to Silver RavenWolf, changing our reality is absolutely possible. The bestselling "Solitary Witch" introduces a groundbreaking system-based on quantum physics, magick, and energy-for tapping into the life-changing potential in all of us. RavenWolf puts quantum physics theories into plain English and explains how they can be put into practice for personal fulfillment. She teaches how to achieve a special state of consciousness, including how to create and project a "mindlight," or ball of energy, through meditations, visualizations, rituals, and mind exercises. These techniques-some involving elemental energies, astrology, oils, and herbs-can be used for healing, problem solving, relaxation, banishing negative thoughts, and general wellbeing. Author: RavenWolf, Silver Publisher: Llewellyn Publications Illustration: N Language: ENG Title: MindLight Pages: 00288 (Encrypted EPUB) On Sale: 2010-11-01 SKU-13/ISBN: 9780738709857 Category: Body, Mind & Spirit : Meditation

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