

365 Ways To Raise Your Frequency - Melissa Alvarez

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The souls vibrational rate, our spiritual frequency, has a huge impact on our lives. As it increases, so does our capacity to calm the mind, connect with angels and spirit guides, find joy and enlightenment, and achieve what we want in life. This simple and inspiring guide makes it easy to elevate your spiritual frequency every day. Choose from a variety of ordinary activities, such as singing and cooking. Practice visualization exercises and techniques for reducing negativity, manifesting abundance, tapping into Universal Energy, and connecting with your higher self. Discover how generous actions and a positive attitude can make a difference. You'll also find long-term projects and guidance for boosting your spiritual energy to new heights over a lifetime. Author: Alvarez, Melissa Publisher: Llewellyn Publications Illustration: N Language: ENG Title: 365 Ways to Raise Your Frequency Pages: 00432 (Encrypted EPUB) On Sale: 2012-01-01 SKU-13/ISBN: 9780738727400 Category: Body, Mind & Spirit : Inspiration & Personal Growth

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