



Healing Your Past (Paperback)

By Arian A Sarris Lmft

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Healing Your Past encourages you to examine your past, your inner blocks, your unconscious patterns of limitation-and free yourself of them. You don t have to do it alone. Author Arian Sarris gives you guidance on how to contact your higher self and guardian angels, who will gladly assist you in all of your work. Gain insights for fast and powerful inner changes, starting with your soul, and working with your mind, heart, and spirit. Allow yourself the opportunity to go back to the past-in this life and in past lives-and reconstruct them. Doing so not only releases enormous energy trapped inside you, but also changes your inner programming and patterns and opens you up to receive love-both from without and within. Rid yourself of phobias and complexes Heal childhood and past-life traumas Break free of the constraints of your emotions. Attract people who will enhance your life and your relationships. Dispose of destructive mental pictures Transform your life.

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