



Living from the Center Within: Co-Creating Who You Are Becoming (Paperback)

By Michele Rae

Paragon House Publishers, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Living From the Center Within is a highly engaging, interactive, informative and accessible journey toward higher consciousness. Moving from personal pain and lacking to abundance and wholeness is possible. Living From the Center Within helps readers center, quiet and open the mind-body-heart. Using the wisdom of ancient teaching and modern science, invitations to daily transformative practice and reflection questions, Rae walks with readers through three levels of human consciousness. Expanding awareness, focusing attention and clarifying intention brings people to their center within. Living from one's true nature amplifies creativity and benefits the personal and professional life. It also has collective impact culturally, politically and economically as people become more effective at service, relationships and work. Living From the Center Within explains how minds, bodies and emotions are intertwined, and gives the reader tools to move toward a healthier self. It is for people eager to actualize their beings and fall in love with their lives. You can live full out and fearlessly from a sense of calm, joy, and peace. With increased awareness, we naturally shift toward transparency, compassion, tolerance and interdependence. Now is...



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