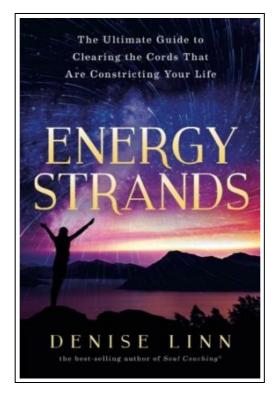
Energy Strands: The Ultimate Guide to Clearing the Cords That Are Constricting Your Life



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Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

(Cheyanne Barrows)

ENERGY STRANDS: THE ULTIMATE GUIDE TO CLEARING THE CORDS THAT ARE CONSTRICTING YOUR LIFE



Hay House, Inc. Paperback. Condition: New. This book helps you discover the cables, ropes, ribbons, strands, threads, and filaments of energy that flow to and through you. By learning ancient shamanic techniques, youll learn how to release the cords that bind you and empower the strands that strengthen and heal you. Some energy strands allow us to feel vibrant and alive. Others deplete and weaken us. Most people are unaware of these energy strands, but they can feel them on a subconscious level. InEnergy Strands, Denise Linn shares some of the methods shes learned over the years to support you in finding harmony and balance in your life through understanding these lines of energy. Topics covered include attachments with family, ancestors, friends, lovers, crowds, and pets. Energy Strandsalso explores the connection between sound (crystal bowls), breath, meditation, and visualization in strands. You will gain practical tools to clear negative cords from unhealthy attachments, toxic relationships, and spaces. Discovering and releasing the energy cords that dont empower you is a voyage of letting go . . . and stepping into the flow of life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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