



Auras: Understand and Feel Them- How to Get Rid of Negative Energy and Create an Amazing Life (Spiritual Coaching for Modern People, Auras, Chakras) (Volume 4)

Marta Tuchowska, Elena Garcia

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Auras- Understand Your Energy, Achieve Spiritual Wellness and Take Your Health to a Whole New Level!
You are about to explore the ABC of real holistic self-care and the best natural coffee for your soul...
Everyone is different and everyone is trying to find happiness and fulfillment in their own way. Taking care of your body and mind (nutrition, fitness, diets, coaching) is utterly important but if you want to get better results, you need to work on your soul and inner energy. Dig deep. This is not always easy. It can be painful to begin with. Maybe your emotional and spiritual muscles got hurt at some point? The good news is that we can do “physiotherapy and massage for the soul”. Yes, for your beautiful soul. By taking care of your internal energy, you will create vibrant health as well as mental and emotional wellbeing. “Auras: Understand and Feel Them” Will Help You: -Achieve holistic relaxation -Purify your energy field - Overcome obstacles -Create a positive attitude and more zest for life -Balance your chakras -Deal with difficult and negative people -Create a body and mind connection -Learn how to use natural therapies like meditation, aromatherapy, visualizations and crystals to get rid of negative energies around you -Understand the connection between auras, the Law of Attraction and your inner energy Our own internal energy flow has to be functioning at its best. It has to be free flowing and clean. This is the one thing we have control over entirely. This is where the answer to our “problems” usually lies. We have the ability to cleanse our aura and allow our energy to flow freely throughout our spiritual body. Bad energy needs to be pushed out and blockages must be cleared. Some of those negative things are internal and some are external. Either way, you have the ability to fix it and you are just about to discover how to do it in an easy, practical and fun way! Let the journey begin...happy HEALING!

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