



Passage to Freedom: A Path to Enlightenment

By Dawn Mellowship

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Passage to Freedom: A Path to Enlightenment, Dawn Mellowship, Thousands are seeking enlightenment but few achieve this ultimate spiritual goal. "Passage To Freedom, A Path To Enlightenment" is an inspirational book with practical techniques to help the reader attain true happiness through spiritual growth. Dawn Mellowship's book provides meditations and healing techniques that work on a physical, emotional and spiritual level, to provide the perfect remedy for finding happiness and spiritual fulfilment. They combine visualisation, intention, affirmations, controlled breathing, universal energy and healing to assist you to manage your anger, release guilt and worry, let go of the past, boost your self-esteem and love yourself and others unconditionally. You can learn how to connect to your intuition to make better and healthier choices in life, and ultimately to find inner peace and balance.

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