



Mindful Being: Mindful Being Towards Mindful Living Course (Paperback)

By MS Nata a Nuit Pantovic

Artof4elements, United States, 2015. Paperback. Condition: New.

Language: English . Brand New Book ***** Print on Demand

*****. Mindful Being Personal Development Course is a 12

Modules Mindfulness Training Course with 100s of Spiritual Transformation Tools that combines meditation, mindfulness exercises, soul s diary, spiritual diary, relationship contracts, circle of life, creativity tools, and many other daily spiritual transformation tools to help the explorer live his/her highest potential. Alchemy of Love Mindfulness Exercises are exploring:

1. Body - Health: Adopting healthy habits that empower the physical body (nutrition, exercise) - Daily Routine: Creating a daily routine that inspires creativity and personal growth. 2. Mind - Practicing Concentration and Learning How to Meditate - Exercising Will-Power: Building the motivation and discipline - Exploring Love and Relationships: Improving the ability to connect with one-self and others - Nurturing Creative Intelligence: Living authentically, and expressing the creative flow. 3. Soul - Understanding Purpose and Core Beliefs - Learning how to listen to the Soul - Learning Mindfulness through Self-Awareness, Self-Remembering and Mindful Conscious Living.



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Reviews

It becomes an amazing pdf which i actually have at any time read through. This can be for all those who statte there had not been a worthy of reading through. You wont sense monotony at anytime of your own time (that's what catalogues are for relating to should you check with me).

-- **Claud Kris**

If you need to adding benefit, a must buy book. It is writer in easy words and phrases and not difficult to understand. Your daily life span is going to be transform when you complete reading this article publication.

-- **Ricky Leannon**

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