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Self-Empowerment and Your Subconscious Mind: Your Unlimited Resource for Health, Success, Long Life & Spiritual Attainment

Carl Llewellyn Weschcke, Joe H. Slate

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Tap into the infinite potential of your subconscious and experience tremendous growth and self-discovery. Grounded in scientific research, this practical step-by-step guide introduces easy, yet highly effective, techniques for harnessing the unlimited power of your subconscious mind. Learn to access this vast storehouse of knowledge and resources to unleash powerful abilities-through dreamwork, creative visualization, positive inner dialogue, past-life regression, meditations, interaction with nature, chakra awareness, and more.

Once you begin to train your mind, there is no end to the ways in which you can bring new meaning and enrichment to your life:

?Overcome growth blockages
?Resolve conflicts
?Enhance creativity
?Improve mental and physical health
?Achieve personal goals
?Strengthen your relationships
?Advance in your career
?Develop psychic skills
?Evolve into your highest self

This unique guide also explores the different types of natural psychic abilities and provides guidance for helping you to turn them into powerful life-changing skills.

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