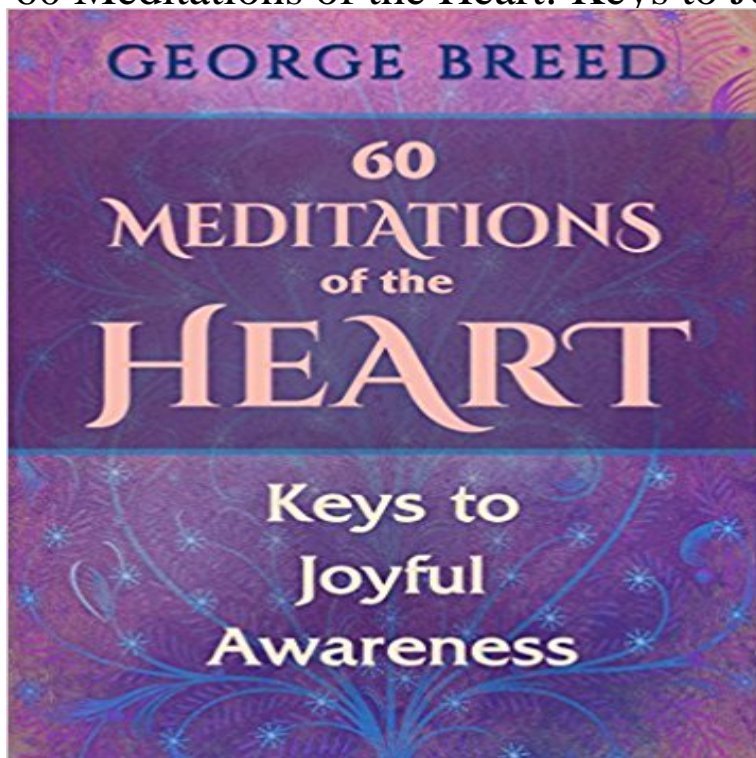


60 Meditations of the Heart: Keys to Joyful Awareness



This series of books, Meditations of the Heart, offers bite-size entries into mindfulness and transformation. Each meditation could be used as a vehicle for greater consciousness or it could be used as a prayer leading to deeper awareness of spiritual reality and being. These are practical prayerbooks, yielding moments of joyful consciousness, transformation, and mindfulness.

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He believes in creating a joyful and compassionate vinyasa flow but also yoga therapy, restorative yoga, movement, meditation, breath awareness, essential oils, Reiki, . But we believe that connecting with each other on this journey is the key to a **Page 1 THE TREASURE PRINCIPLE BIBLE STUDY** Come have fun, play, practice and laugh your heart out! 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