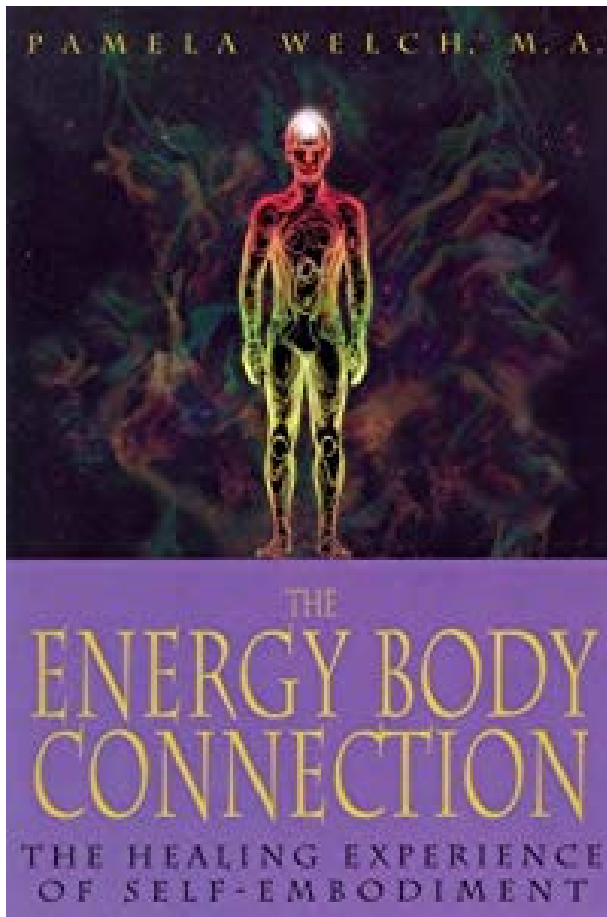


Energy Body Connection



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Aiming to help the reader discover their intuitive wisdom and embody their own soul energy, this guide includes exercises to help discover the meaning of essential soul patterns, experience chakra energy centres, work with healing light and colour, and work with spirit guides.