



Yoga Mind: 45 Meditations for Inner Peace, Prosperity and Protection

Sabrina Mesko

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Following the International and Los Angeles Times bestseller success of “Healing Mudras” by Random House, Sabrina Mesko offers this GUIDEBOOK for VISUALIZATIONS, where you can learn step-by-step how to visualize for a specific purpose, goal or benefit. By practicing your desired future in your mind first, you create new thinking patterns and open your physical, emotional and spiritual-self to constructive, beneficial and positive energy state of receptivity. Now you can change your life, and attract the desired events or new beneficial circumstances. In this book you will find 45 powerful, adventurous, and entertaining result oriented visualizations and meditations. They will help you create and maintain inner peace, prosperity and protection in all areas of your physical body, mind patterns, and spirituality. Each chapter depicts detailed narration of the visualization exercise, inner dialogue-to prepare and open your receptivity, affirmation-to seal the new objective, and journal work-to follow up, and study your progress. Includes 45 inspirational photographs. Ideal workbook for any yoga practitioner and teacher, meditator, life coach, healthcare or wellness therapist. In your mind, anything is possible.

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