



Meet Your Soul: A Powerful Guide to Connect with Your Most Sacred Self

Elisa Romeo

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In this groundbreaking book, therapist and intuitive Elisa Romeo, takes Soul beyond an intellectual concept and into a direct and personal relationship. Pulling from depth psychology, years of practical experience, and touching stories from clients, Elisa brings substance and gravitas—and some levity—to the topic of how to live a Soulful life.

This comprehensive, straightforward program contains effective meditations, visualizations, and inquiries to support you on the often messy, winding, and yet amusing path of discovering your Soul in modern times. Meet Your Soul not only tells you how to access your Soul connection but also preps you for some of the common obstacles you're likely to encounter on your journey. With her kind and informed direction, you'll learn to:

- Understand the crucial distinction between ego, Spirit, and Soul
- Create and cultivate a strong spiritual practice
- Distinguish your Soul Truth from the beliefs of family, friends, and society
- Clearly access the voice of your Soul
- Gain awareness of the key Soul contracts in your life and discover your Divine purpose

This book helps you meet the oldest, wisest, and most loving part of yourself—the part that gives meaning and purpose to your life. Elisa shows that each of us has the capacity to hear this personal, unique guidance directly. You needn't look outside yourself to a guru, program, or system; rather you can simply look within.

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Robert Sanders:

In this particular era which is the greater particular person or who has ability in doing something more are more treasured than other. Do you want to become one of it? It is just simple solution to have that. What you should do is just spending your time very little but quite enough to possess a look at some books. One of the books in the top checklist in your reading list is definitely Meet Your Soul: A Powerful Guide to Connect with Your Most Sacred Self. This book which is qualified as The Hungry Slopes can get you closer in becoming precious person. By looking way up and review this book you can get many advantages.

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