

Inner Wisdom: Meditations for the Heart and Soul

By Louise Hay

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Louise has compiled gems of truth to help you awaken and tap into your own Inner Wisdom - changing your beliefs, which will change your world. Some of the areas Inner Wisdom can assist and empower you are: Abundance, acceptance, healing, limitations, love, and work. "Within each of us is a center of wisdom far deeper and greater than we are aware of. The meditations in this book are designed to connect with that center and to magnify our understanding of life. When we are willing to open our consciousness to new ideas and new ways of thinking about issues, then our lives change for the better. The way we begin our day sets the tone for the experiences that will follow and how we will react to them. A good way to use this boo is to open it at random, first thing in the morning. Know that the meditation you choose is the perfect message for that day. It's also nice to close the day with uplifting thoughts. This will allow you to have pleasant dreams and to awaken clear-headed in the morning. Remember, in the vast infinity of life, all is perfect, whole and complete ...and so are you." (Louise L Hay).

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Editorial Review

About the Author

Louise Hay, the author of the international bestseller You Can Heal Your Life, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 30 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Visit www.LouiseHay.com Robert Holden, Ph.D., is the creator of the Loveability program. His work on psychology and spirituality has been featured on Oprah, Good Morning America, and a PBS special called “Shift Happens.” He was also featured in two major BBC-TV documentaries, The Happiness Formula and How to Be Happy. His corporate clients include Dove and its Campaign for Real Beauty. He is author of Happiness NOW!, Shift Happens!, Authentic Success (formerly titled Success Intelligence), and Be Happy. Robert hosts a weekly show on Hay House Radio called Shift Happens! He also contributes daily to his Facebook page at www.facebook.com/drrobertholden. For information, visit www.robertholden.org.

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