



Into My Own: We Are More Than Mind Body & Spirit

Mari Laine

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Why do people do what they do? Why are we not self-sufficient to go beyond our limited viewpoints? Because we are Energetic Beings who do not understand our Own Vibrational Energy. Author, Mari Laine, convincingly exhibits the Relevance of Emotion in Human Evolution. She outlines her expertise in the Complexity of Emotion, its effects on the Body from Suppression, and contends that Consciousness does not increase through mental analysis alone. The subconscious, which controls most of our conditioned behavior, is held within the brain system of our body.

The Author's personal experience has firmed her conviction that emotion is tied into the 'Soul' and is a direct conduit to the other 90% of our brain. Her Quest is to Encourage Self-Responsibility through Direct Emotional Movement, which in turn will bring a complete Higher Consciousness and True World Change. What makes this approach different is in achieving Personal Wholeness by NOT disconnecting or shutting down emotionally, but by Energetically Restructuring that which has been termed 'Negative'.

Mari also includes a captivating account of her Inquisition type abuse and the devastation this caused most of her life. With much perseverance, she was able to pioneer her successful breakthrough outlined in this book.

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This Into My Own: We Are More Than Mind Body & Spirit book is simply not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is usually information inside this book incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This particular Into My Own: We Are More Than Mind Body & Spirit without we realize teach the one who looking at it become critical in imagining and analyzing. Don't possibly be worry Into My Own: We Are More Than Mind Body & Spirit can bring whenever you are and not make your handbag space or bookshelves' turn out to be full because you can have it within your lovely laptop even telephone. This Into My Own: We Are More Than Mind Body & Spirit having fine arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Ernest Ainsworth:

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Playing with family in a park, coming to see the coastal world or hanging out with close friends is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Into My Own: We Are More Than Mind Body & Spirit, you can enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't get it, oh come on its referred to as reading friends.

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