



Give Your Soul a Gift: While on a Powerful Journey to Spiritual Awakening

Anke Otto-Wolf

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Give Your Soul a Gift, the delightful, down-to-earth companion book to Spiritual Awakening, guiding through the maze of 'What the heck is Spirituality?' It allows the reader to discover spiritual tools to live with Inner Harmony and Balance, and to eliminate Stress and Frustration. Step into Your own Power-embrace Native philosophy and Energy Healing. The author successfully presents proven personal growth methods intertwined with ancient wisdom of American Native Traditions and Ceremonies in manifesting Nature's Energy and Spiritual Balance to Self-Belief and Self-Power. Moreover, the author has the profound gift to clarify, guide and 'de-mystify' the maze of metaphysical information by introducing how going back to basics such as seeking stillness and quiet introspective, can lead to inner balance and clarity. Visualizations and meditation are true relaxation tools and this read provides the know-how step by step. Moreover, a down-to-earth approach to soul-esteem balance and the use of every day 'spiritual tools' will increase self-image and soul balance. Utilizing Spiritual Awakening to feel, find, and know, and to be the Self is the aim of this read; additionally, the book is a magnificent tool for teachers in the classroom for its teachings are supported by practical worksheets and spiritual excises. Teach it forward! Give your soul a Gift.

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