



Rating: Not Rated Yet

Salesprice with discount

Sales price \$17.99

Sales price without tax \$17.99

Tax amount

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Easily find out how to meditate to calm and center; cultivate mindfulness of everyday activities; heal physical and emotional ailments; increase love and compassion; end addictions; work with dreams; and deepen your connection with the Divine. An entire section is devoted to walking meditations that will get you moving, and there's smart advice on developing a daily practice and on creating a sacred space.

Reviews

There are yet no reviews for this product.