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## As I Am: Where Spirituality Meets Reality (Paperback)

By Alanna Zabel

Aziam, Inc., United States, 2013. Paperback. Book Condition: New. 244 x 188 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As I Am sheds light on deeper aspects of spirituality, psychology and yoga. Included in the book is a twenty-one day program practicing daily meditation, yoga, self-care treatments, journal and Mirror Theory exercises and a full menu plan for a mind-body-spirit detox. This program, The Dharma Zone, will reveal the practitioner's true self by dissolving past conditioning while re-connecting one's awareness with organic truth and reality - living As I Am. Everything in our existence is an expression of our collective and individual energies. Alanna's Mirror Theory illustrates how the subconscious mind seeks to translate new experiences according to imprinted perceptions from past experiences. The mind is translating reality at every moment according to existing programs in the subconscious mind. Chapter 2: Hypnotic Existence, details the hypnotic and contagious nature of our existence and Universe. Using her Child Development education, Alanna highlights how one's early childhood relationships can greatly affect one's ability to initiate self-awareness. Chapter 3: The Real Secret, defines the four factors that affect one's dharma, and how to...



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