



Unlock the Secret Messages of Your Body!: A 28-Day Jump-Start Program for Radiant Health and Glorious Vitality (Soul Coaching)

Denise Linn

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Your body is a receiving station for messages from Spirit. When you clearly hear these secret messages, your life is far richer than you previously thought imaginable. All your history is lodged in the cells and DNA of your body. Your decisions, judgments, old patterns, and beliefs are also stored there. Using this 28-day program, you'll unweave negative programming and anchor new spiritual changes into the physical realm. By exploring and clearing the hidden blockages within your body—and following the practical, carefully crafted steps presented here—you'll find that you're able to uncover your natural life-force energy . . . easily and without effort! By utilizing the energy of nature—Air, Water, Fire, and Earth—this program allows you to clear away old limitations so that you can truly begin to claim your luminous, vital, glorious body.



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