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Cutting the Ties That Bind

Phyllis Krystal

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Cutting the Ties That Bind Phyllis Krystal
Cutting The Ties That Bind We are all bound by invisible chains things that bind us and block us and keep us from being who we really are. These ties come from childhood from family environment, culture, fears or reactions to events that took place years ago. The author offers a puberty rite to untangle our deepest bonds to our worldly parents, helps us attain freedom from negative forces, shows us how to get in touch with the higher consciousness that is part of all of us, and shows us a mandala exercise to balance the four functions of intuition, sensation, emotion and intellect. This is an exciting book that provides the basic information needed to liberate ourselves from old restrictive behaviour.

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