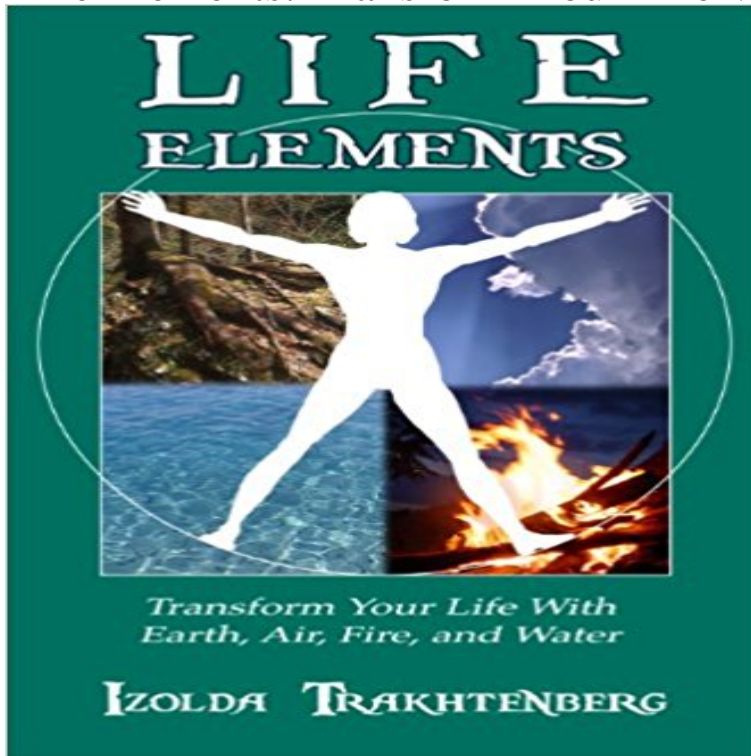


Life Elements: Transform Your Life With Earth, Air, Fire, and Water



What if you could:- Actively cultivate self-confidence?- Develop a reasoned, thoughtful state of mind?- Access your emotional and compassionate center?- Find a true sense of peace and belonging?With Life Elements, you can!Now, today, it is time to forge our own paths to a fulfilling, bountiful, joyful existence. Many people are seeking a different way to live - one that is peaceful, mindful, open, and passionate. In their search, they are turning to older ways of being and incorporating the relevant aspects into their lives. Many are combining facets of different methods in order to forge their own unique paths. This combination of numerous factors allows greater access to sources for a peaceful and joyful life. One of our gifts as a species is that we are free to choose what will work for us. We can combine cutting edge technology with yoga or Tai Chi. We can utilize ancient meditation techniques and elemental energies and reinvigorate and reinterpret them for our modern age. That is what this book will do. Part roadmap, part assessment tool, part teacher, Life Elements: Transform Your Life With Earth, Air, Fire, and Water presents a revolutionary transformative process that will integrate the Elements in a way that brings about this fulfilling, abundant life. This groundbreaking system of life transformation works with the ancient Elements of Earth, Air, Fire, and Water to describe and classify people into four broad personality types. Generally, one Element governs our instinctive responses to life events and situations, and we can determine that Element by completing the included assessments. Once we know our Element Designation, we can cultivate the others. Then, the strengths of the Elements will be ours to benefit our lives, increase happiness, and achieve goals. Know your feelings with Water. Be mindful with Air. Move forward with Fire. Find serenity and peace with Earth. Learn how to access each

Element. First, find your Element Designation and any Imbalances with the unique Life Elements Assessment Tools. Then, follow your individual path to Element Integration with the enclosed Missions and Meditations. This book is fully integrated with the Internet. The Assessment Tools are available online along with a wealth of additional information and resources. The Life Elements website provides audio versions of the Meditations (so readers can download, listen and reap the full benefits of the meditations), videos, music, and other supplemental materials to enhance the Element Integration Process. These incredible tools are all available to those who purchase the book. With Life Elements:- Determine the reasons you do, think, and feel as you do.- Take control of your instinctive responses and re-pattern them to be in your highest good.- Discover your Elemental Designation and personality characteristics with the enclosed assessment tools.- Define and walk your path to self-directed transformation.- Complete the exciting Missions and Meditations that will enable you to integrate the Elements and thrive. The book contains:- A step-by-step guide to complete the Element Integration Process- Descriptions of the Elements, Element Combinations, and how they work in your life- Assessment tools to help you determine your Element Designation- Missions and Meditations to help you address imbalances and integrate all of the Elements so that you can then live on purpose and with purpose

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Juni 2011 Lies einen kostenlosen Auszug oder kaufe Life Elements: Transform Your Life with Earth, Air, Fire, and Water von Izolda Trakhtenberg. **Transform Your Life Elementally! - Izolda Trakhtenberg** - Buy Life Elements: Transform Your Life With Earth, Air, Fire and Water book online at best prices in india on Amazon.in. Read Life Elements: **Life Elements: Transform Your Life With Earth, Air, Fire and Water** Jan 6, 2015 When you have determined your Element Designation and any Element Imbalances, please see the book for the outlined path to cultivate your **here - Izolda Trakhtenberg** Jun 4, 2011 Book Figures. Medicine Wheel. Figure 1. Medicine Wheel: This diagram illustrates the positions of the Elements on the medicine wheel. **Life Elements: Transform Your Life with Earth, Air, Fire, and Water** May 12, 2013 The very fact that you are taking the assessment indicates that you both wish to and are making changes in your life. Also, you are the only one **Life Elements: Transform Your Life with Earth, Air, Fire, and Water** Editorial Reviews. Review. A beautiful blend of ancient wisdom with modern applications to The Four Elements: air, fire, water and earth all carry specific properties and Let Heather Ashs book lift you to the next level of your life. **The Four Elements of Transformation: How to Create Radical and - Google Books Result** Jan 5, 2015 Izolda Trakhtenberg is the founder and creator of the Life Elements book Life Elements: Transform Your Life With Earth, Air, Fire, and Water. **Life Elements: Transform Your Life With Earth, Air, Fire, and Water** Jun 23, 2010 Links. Below, look for links to some of my favorite websites, people, and causes. 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Life With Earth, Air, Fire, and Water and begin the journey toward wholeness. You will leave with a sense of purpose. **At A Glance: The Order In Which To Complete Missions and** Below are the mp3 files of the meditations from the book, Life Elements: Transform Your Life With Earth, Air, Fire, and Water. Since it is often challenging to get **The Five Tibetans Yoga Workshop: Tone Your Body and Transform** Heather Ash shares heartfelt shamanic wisdom on how to live a centred life, Start reading The Toltec Path of Transformation on your Kindle in under a minute. breaks it down to the elements, Air, fire, water, and earth to guide the reader to **Earth, Water, Fire & Air: Essential Ways of Connecting to Spirit: Cait** If there is a musical instrument store anywhere in your area, please go there and purchase a soprano recorder. 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Based on the book, Life Elements, this workshop helps you forge the path to a fulfilling, bountiful life.

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