



AWAKENING HAIR

Caring for
Your
Cosmic
Antenna

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Awakening Hair: Caring for Your Cosmic Antenna (Hair in the Light Book
1)



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Awakening Hair - Caring for your Cosmic Antenna Some people think about hair as lifeless cells hanging off their mind. We have all experienced ' . Understanding the type of hair you have, the benefits of nature' Beginning with THE ENERGY of Locks Gardening, the wisdom of each chapter will help you grow, preserve, and accomplish the healthiest hair possible with the most life enhancing methods. It can work as a sixth sense. Along with Five SIMPLE ACTIONS to Sustainable Hair Treatment, this will streamline your encounter with your locks. Awakening Hair invites you to experience hair as an extension of our living selves, profoundly suffering from our biological functions, locks treatment routine, environmental impacts, and even our thoughts. bad hair days' Hair is a cosmic antenna, in a position to receive and transmit details and energy. Studies at Yale University have shown that bad hair days diminish self-confidence, and boost emotions of shame, self-doubt, interpersonal insecurity and self-criticism. You can find how exactly to end bad hair days, create great locks days and also have a happier life. In Awakening Hair you can determine the design of hair care that suits you best, and design your Personal Hair Care Improvement plan. s elements, the cycles of the times of year and Sun and Moon will generate a fresh improved, relationship together with your hair. To make choosing the best products for your hair even easier, you will find a guide alerting you to the substances you most want to avoid. In Awakening Locks you will hear about Hair Balancing, the holistic curing art that cuts locks with a precise pattern of sacred geometry. It is in line with the principles and factors of acupuncture and cranio-sacral therapy. It really is many noted for releasing hair trauma, reducing hair thinning, enhancing hair growth, and making hair happy!



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Great concept but fell lacking my expectations Interesting and inspiring perspectives upon the spiritual part of hair. Most of the information given was very comprehensive and there were a lot of in depth tips on how to holistically care for your hair. The even more scientific material was glazed over and some facts were extremely inaccurately portrayed and poorly cited. Over-all it was a quick and easy read and I would recommend it to any person attempting to get more touching the psychological or spiritual aspect of their hair. Shed a superstar for poor writing skills and utilizing a science fiction film plot as a metaphor. We usually do not live inside the globe of a James Cameron film. It was kind of hard to consider seriously after several references to Avatar. I believed I understood the principles behind the process but I learned so much more reading this reserve. I feel like as if a complete world has been opened up that I never understood about. especially as I am entering menopause. My hair has not been this healthful since I was in my own 20's! This publication contains a succinct and logical description of all these techniques and why they work, along with, a loving and encouraging discourse about improving our relationship with our hair." Their information may be the most comprehensive I've found!. I have been very lucky to be dealing with her and several of the methods she describes in the publication to holistically bring out the I had been been fighting many areas of my hair for a long time until I came across Laura. It all makes sense when you understand our hair is a living extension of the body.I've long experienced that if I'm not ideal with my hair I'm not best with my entire life and this publication provides hands on spectrum of info -- from scientific to spiritual -- for aligning with my cosmic antennae and ultimately my life. I find it thus exciting that something I have taken . The 'Energy' of Our Hair I have learned so much on the subject of the 'energy' of hair from Laura. I find it thus exciting that something I have overlooked all my entire life, a tresses, is another home window into awareness and presence. It's definitely an artistic expression - with the benefits of health and wholeness. There is nothing else like it on the market so this is a long ... And when I care for it and communicate with it I feel even more sustained and nurtured! There is nothing else like it in the marketplace so this is an extended awaited gift of information regarding our most liquid asset: Hair! I've discovered to appreciate and even praise my locks and like my plants, it offers responded positively! A book that tackles the underexplored subject that fascinates and inspires: the real nature of locks! For years I had heard about the experiments the government did screening intuition during the Vietnam war and the in-depth details are delineated in "Awakening Hair. Recommend you examine this to eliminate "Bad Hair Days! I truly love this reserve and will refer to it often. Will forever switch your relationship together with your hair! This book will forever change your relationship together with your hair! It addresses many aspects of locks, from how it's been regarded historically and culturally, to perceiving your locks energetically and looking after your hair naturally without the usage of harmful, toxic products. I was fortunate enough to possess a hair balancing session with Laura in regards to a year ago, and my hair has grown out thicker, fuller and with more curl (I'm still getting compliments). I anticipate my next program with her, which I hope to schedule ASAP. Highly recommend this reserve anyone who cares about their hair. This is an excellent read and so interesting This is an excellent read therefore interesting. I experienced no idea about so many details and facets about my very own head of locks. I have been extremely lucky to be working with her and many of the techniques she describes in the reserve to holistically bring out the best in my own hair; It's a straightforward book, and something that everyone could get benefit. New perspective on Locks Care This book gave me a whole new perspective on Hair! How do i best LOVE my hair? Laura Sullivan and Linda Deslauriers offer a lifetime of practical experiences and info for understanding and

looking after our hair from food and brushing to important oils and items. Authors Laura Sullivan and Linda Deslauriers have got given something special with this work in clarifying details about their interest and vocation, drawing the reader in with clear to see examples, gorgeous photos, and a call to action around caring loving and for our "cosmic antenna." Balanced Hair, Balanced Life I am getting my hair balanced by Laura for almost 20 years, but We still learned more than I expected from this book. I would urge everyone to see balanced locks. After reading Awakening Locks, I have garnered much more insight and learned tips on assisting my 'crowning glory' radiate with wellness, beauty and balance. If you love dearly your hair, you will like this book! A friend gifted me with Awakening Hair after I lost the majority of my hair to a thyroid condition. It really is an insightful, inspiring and entertaining perspective on hair. I especially loved the chapters on cleaning and brushing. Good Job. Having had long hair the majority of my life, I have always prided myself with taking, what I believed was, proper care of my tresses. It really is unlike anything you've ever familiar with your hair. It is an easy-browse chock-full of exclusive information. What a great find! drawing the reader in with easy to understand examples Finally! I love this reserve! I've learned so much about how to take care of my hair out of this book. This is a magical book therefore captivating.. We have learned a huge amount of fun easy tips to care for my hair- super ." I have been experiencing the great things about Hair Balancing cuts for several years and my hair has never been happier or in better form.. Laura and Linda, co-authors, give us a apparent and comprehensive "how" to looking after our locks and honoring our exclusive beauty.. This is a prosperity of knowledge about a part of your body that I've ignored and Personally i think so much more linked to my femininity when I am taking care of my hair!! I really like how Laura and Linda talk about hair I love how Laura and Linda talk about hair! 'Hair gardening' and 'cosmic antenna' !! I am inspired to create a relationship with my hair that's grounded in like and nurturing. I by no means understood how easy it had been to raise the regularity of my hair and create healthy hair! My hair is already getting thicker and provides more lifestyle and curl- it's amazing! Lots of logical and exciting information with real worth. I have learned a ton of fun easy tips to take care of my hair- a breeze and natural things I can make use of- I'm thrilled! For anyone that desires to learn to best LOVE their locks, this book is a must read :) Many thanks! She has been working with me for many months today and it's really amazing how she 'reads' exactly what must be done never to only benefit the fitness of the hair, however your actual aura. What a fantastic book !



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