

OM Kitty's 8-Day Chakra Activation Journey



Energy Healing Made Simple

Sarah Saint-Laurent

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Energy Healing Made Simple Om Kitty's 8 Day Chakra Activation Journey: Bonus: Learn To Banish Your Doubts About 'Woo-Woo' and Stop Worrying What Others Think (The OM Kitty Series Book 1)



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What's this Mystic Cat's key process to Energy Healing and why it is the Let energy healing be considered a golden thread pulling you home, to your essential, entire self. number 1 game-changer *****5 superstars ~ "OM Kitty is a sensible and witty guide and mystic who will take you upon this chakra activation and recovery journey making you feel comfortable, cozy and wanting to find out more." ~Melanie Dilday, Writer, Buddha in a Crimson Dress *****5 stars ~ " I love Om Kitty's Secret Chakra Process and why is everyone in love with OM Kitty?" Erin Pearson, Author, Singer/Song Writer***** 5 Celebrities ...I really like the witty way OM Kitty speaks her truth. Kudos to Sarah Saint-Laurent and OM Kitty for coming into my life during major upheavals, health issues, and severe panic... Thank you for reminding me that my recovery and life matters." ~ RoseAnn AcostaAre you struggling because something deep inside is normally phoning you to explore fresh things, like Energy Healing, Chakra Balancing, Reiki and various other paths to alternative healing and spiritual development? But your mind – your inner critic is saying NO! Do, you worry others will disapprove of ' – Welcome to the Globe of OM Kitty and Spiritual Awakening With a Twist and The OM Kitty Reserve Series. Fine-tune your ' In this book you will learn how to:Use this simple energy healing process, the easiest way for baby-stepping into your happiest life.What if you could learn a straightforward and fun step-by-step procedure very easy it only uses 10 minutes a day for 8 short days?frequency' and raise your energy vibration ushering in a deeper level of peace, serenity, and pleasure. to heal your body, mind, and soul in the atomic level. THE FUNDAMENTAL Companion Workbook t matter!Energy Healing could cause miracles?I cherished this book from begin to finish. What if you could learn to stop worrying what other people think and discovered *NEW BONUS - Free of charge DOWNLOAD all this woo-woo.Discover out this Wise & Witty Kitty'Learn how you can stop worrying what others and just why their opinions don'* Magic Tools for Accelerating Your Chakra Activation - *Rewire THE HUMAN BRAIN and Learn the Meditative Art of Coloring Mandalas. Who doesn't need an OM Kitty?



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This may appear to be woo-woo but additionally, there are some very practical equipment and suggestions we are able to incorporate into our practice to keep things real too. Thank you, Sarah Saint-Laurent to be my guiding light, when I most need it. I'd recommend this book for anyone who wants to better understand energy in the body in a robust and playful way. The book covers the seven primary energetic centers of the Chakra system, regarded as the framework for energy healing therapy. Your past life of self-doubt, and emotions of being rejected in the event that you allow your true self to shine, speak to my heart. Yet, I've never quite understood the chakras and what both really do. But because the book says, what happens when "the woo woo rings true? Pretty little, adorable Om Kitty teaches us on the subject of chakras and energy! like are they evil or something? (no. Too often we make an effort to do things about our own rather than embrace the "perfect love" that is us and which is waiting to assist us to be most that we came here to be...those worries are myths based in fear). our marvelous, miraculous selves living our complete potential. The 8 day time suggestions and explanations for the chakras were succinct and apparent. The book is divided into three parts - Part one deals with The WHY of energy healing, Part two, The HOW of energy healing and Part three gives you a simple, an easy task to follow eight-day journey into energy healing and chakra activation. And I've type of felt afraid of these." We began by firmly taking a look at the tales we store about ourselves that fuel our limiting beliefs and stop us from healing. Like, Kate Sarah Saint-Laurent brings the miraculous healing methods of using our chakra energy into a straightforward to understand format. After a little reflection time, we learned useful, quick exercises for releasing them that you can do in a 15 minute meditation. What a nice find. Simple. Crystal clear. Funny. And Powerful. Better Than Going for a Vacation! "Energy Healing Made Simple - Om Kitty's 8 Day Chakra Activation Trip" is the first book in 'The OM Kitty group of books' by Sarah Saint-Laurent. Five Stars Highly uplifting! This publication addresses the "woo woo" feelings we can have by discussing this subject matter at once in a playful OM Kitty sort of method which produced me feel comfortable.. My go-to manual of spiritual guidance Again, this writer didn't disappoint. This book will guide you to do therefore irrespective of who you are and nevertheless much you think you have been abandoned to figure life out on your own. Energy recovery is as Saint Lauren points out only being present together with your brain, soul and body. Who doesn't want an OM Kitty? Things like keeping a power journal, creating a Divine space, creating a Ritual, using music, crystals and using incense are very helpful. As a individual who has grown up with deeply Christian ideals and beliefs, I found this read to explain the chakras in a manner that didn't experience intimidating to my own beliefs, but organic to them. Chakras are essential to our healing while beings of light I could truly say I have never read such clear descriptions of the chakras, or energy centres, and how they impact our physical, emotional and spiritual beings. I am pleased to report, for the practical persons like me, that there is no mumbo-jumbo in this reserve, just clear and simple ways, daily to re-energise yourself by becoming aware of yourself, and your energy centres. I really like this reserve! Well, cats were sacred beings in historic Egypt! A quick go through for anyone with an intention in recovery their psyches, or learning to help themselves or others. Wow - That is so good! I was attracted to this publication because I was interested in learning more about chakras and energy recovery. Om Kitty, the cat who meditates, adds a note of lightheartedness as being the sacred cat narrating this book. It's easy to read and it has therefore much fantastic information that's easy to try heart! This book was just what I wanted and needed. I encourage anyone who is the slightest bit thinking about understanding the energy of energy healing to get their hands on this book! Om Kitty brings such truth - I really like this gift! Dearest Om Kitty, Do I know you? Have we fulfilled? I practice a lot of yoga, have confidence in kinesiology, and also have first hand experienced the variations in my body as I've experienced a lifetime of stomach issues and sickness..opinions, and really should never end us from being or becoming our true selves; You, nevertheless, learned to speak a truth many of us humans have not learned to accept: the fact the views of others are simply that... We are a part of each other! The illustrations in the book were very powerful and clear, admittedly funny spoken from the perspective of a cat "the OM Kitty". Many thanks! We then took a glance at each chakra and what particularly they are responsible in your body. That she's de-mystified this device and given us authorization to use whatever 'woo-woo' spiritual strategies work for each one of us as we elect to transform our lives into something deeper and even more meaningful could very well be her greatest gift. This Om Kitty edition is super-accessible and not overloaded with complicated information. It demonstrates that energy recovery doesn't have to be

challenging like it occasionally is portrayed in even more elaborate texts. If you've tried everything else previously and when what you've tried has felt like effort then quite obviously you have not yet accessed the greatness within you. I find myself keep returning to her books when my inner being searches for inspiration, healing and guidance. The OM Kitty cracked me up while at exactly the same time addressing the required topic of energy healing in your body. ... Oh wait around, you and I are one and the same - we have been connected by the loving energies of the Universe. not finished the book yet Up to now I really like I have not finished the reserve yet So far I like it I enjoyed the book I enjoyed the book! Sarah gave me a few new suggestions on clearing space and energy work. Om Kitty is adorable I've learned much about the chakras and energy healing through this humorous, mischievous character!. I also like the cat's humor. I would recommend this book for kids age 12 and up, up, up! It really is delightful! the message dot not come through from the cat, I did so not benefit from the book it didn't get the therapeutic massage through from the cat, why use one may be the question. Did not really enjoy it at all Five Stars We appreciate the simplicity of Energy Healing Made Simple. And I understand that Ms Saint-Laurent, and her guideline Om-Kitty, will end up being bringing more clarity as they help us to understand and live better through other methods of energy healing in books to come! We are all blessed to have this remarkable, crystal clear and concise blueprint on learning to heal through knowledge and clearing of the energy chakras. The visualization methods, inhaling and exhaling prompts and Truth Hints offer easy supports in bite sized chunks perfectly for how my brain retains info. I look forward to even more in the series! Essentially this is a book about energy healing simply because told from the perspective of OM Kitty, about how exactly it can transform your daily life in one of fear based thoughts to a location of clarity and peace which is what so many of us are craving in this busy physical world where we live.



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