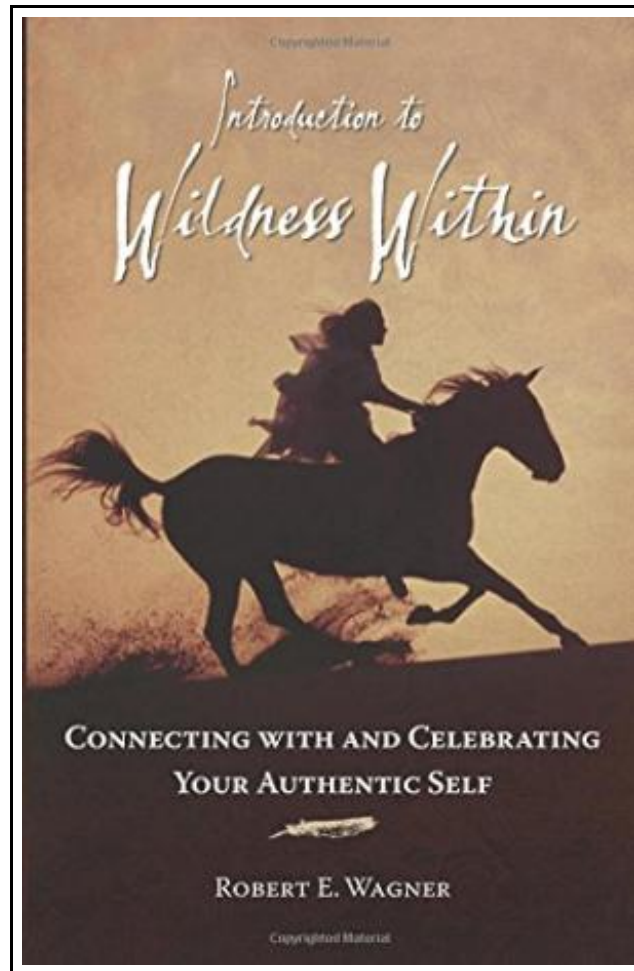


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Wild Sacredness LLC, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.A hands-on personal development booklet introducing you to your wild, authentic self. The do-it-yourself exercises included here set the reader on the path to a passionate, purposeful life by inviting him or her to look within and see themselves in a new light, and begin to investigate their unique life purpose. All that's needed is a mirror, one or two close friends, and a spot in nature to take a guided, intentional walk. The exercises are simple but profound-focusing on transformation from the inside out. They are a precious opportunity to rediscover and reconnect with the most significant person in our lives-the one who wants to grow to be all that he or she can be, and share that with loved ones. Starting with self-nurturing tools to promote genuine Self Love, to ones that spark Self Awakening as we take an honest inventory of how we are perceived by others, the practices produce a new awareness of our uniqueness and help us step into living our lives with more authenticity. The last tool focuses on Self Empowerment. The insights and energy you'll gain from being immersed in nature and keenly observing your surroundings on your Day Walk can provide healing (medicine) for both mind and body. Guided by your personal intention, you'll find that Nature will mirror back to you aspects of your life that need to be addressed and will provide direction for you in unexpected ways. Wildness Within is one of the branches of Wild Sacredness, an organization dedicated to bringing forth the authentic, passionate essence within each of us, and nurturing that as we manifest our individual power...



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