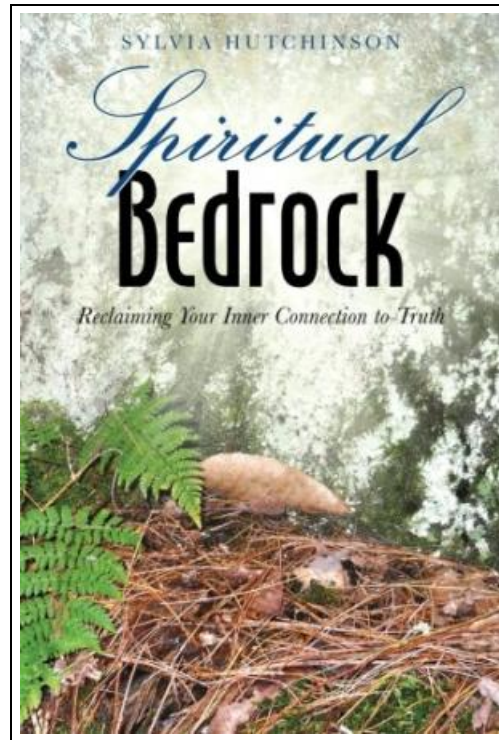


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Reviews

Completely essential study ebook. This is for all those who statte there was not a well worth reading. I realized this book from my dad and i recommended this publication to find out.
(Jarrell Kovacek)

SPIRITUAL BEDROCK: RECLAIMING YOUR INNER CONNECTION TO TRUTH (PAPERBACK)



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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Spiritual Bedrock Reclaiming Your Inner Connection to Truth Sylvia Hutchinson Spiritual Bedrock celebrates reconnecting with and living by our innate sense of Truth. In this book, Sylvia Hutchinson uses her experience to illustrate how easily looking for fulfillment in external sources can lead to the loss of feelings of security, connectedness, and wellbeing. Spiritual Bedrock is a straightforward look into Sylvia Hutchinson s mind and heart. As she shares her journey into multiple addictions and back, she reveals how the abandonment of her inner knowing and her integrity brought her to a world of separation and loss. She describes the desperation and hopelessness she experienced with directness and honesty. Sylvia then relates how she emerged from that deep emotional and spiritual bottom to reclaim her peace of mind and joy in life. She presents specific methods she has found to access and honor her emotions, transform thought processes and behavior patterns, access her inner wisdom, and reunite with her Higher Self. The spiritual nature of our daily lives, as supported by worldwide traditional wisdom, is a central theme throughout Sylvia Hutchinson s writing. In Spiritual Bedrock, Sylvia explains in down to earth language how living increasingly in accord with this age-old wisdom, or Universal Truth, is not only possible, but practical, and is the process by which we can feel whole once more.



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