

Descargar libros electronicos The Spirit Almanac: A Modern Guide to Ancient Self-Care

By Emma Loewe



Books Details

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Books Descriptions

From two of mindbodygreen's top editors comes an essential companion for anyone seeking a deeper spiritual life. Taking time to nourish yourself and connect to the rhythms of the Earth can feel like a tall order when your days are packed to the brim but this beautifully illustrated handbook can make it a whole lot easier. The Spirit Almanac provides readers with potent, accessible rituals they will want to call on again and again throughout the year to feel more grounded, aligned with their purpose, and in touch with their own innate sense of knowing. Readers will be invited to practice and personalize dozens of routines incorporating science-backed techniques like breathwork, meditation, and aromatherapy, as well as more esoteric offerings like astrology, crystals, and tarot. Along the way, they will learn the fascinating history of ritual and trace these ancient spiritual practices through the ages to modern day applications from several true masters--from reiki healers to

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