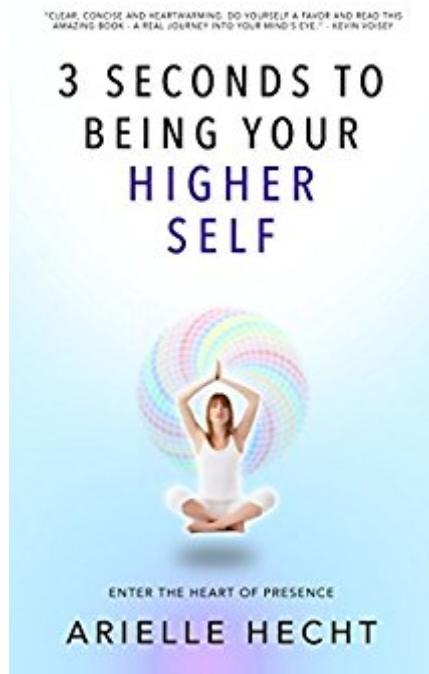


The book was found

3 Seconds To Being Your Higher Self: A Guide To Spiritual Awakening & Finding Peace In Every Breath



Synopsis

A guide to becoming the peace you wish to see in the world... Ultimately, there is only one way to establish peace on earth. And that is by finding peace within ourselves. This is not an esoteric practice, nor does it require a vision quest or a having a guru. 3 Seconds to Being Your Higher Self is about simplicity. Being peaceful inside is at the core essence of existence itself - and is the source of vibrant health and happiness. >> Having a calm heart is something we are born with and can re-learn how to cultivate moment to moment. The aim of this book is to give you a simple method proven to work. One that bypasses the mind and gets straight to the heart of the matter. >> No gimmicks, rituals or religious practices. A simply returning home to the heart of Presence. This book offers you an alternative to complex systems and methods that take years to learn and often do not yield the results of peace, love, freedom and bliss they promise. Once you learn and practice the three step method in this book you'll be able to tap into a higher state of being in just 3 seconds - anywhere, anytime. It's worked wonders for myself and my students, and I trust it will enlighten your life too. May a steady flow of inner peace become as natural and easy for you as breathing and waking up in the morning. Written with love + 2 Bonus Guided Meditation Audios Included With This Book. Don't wait! Scroll up and click the buy now button and begin experiencing your inner dwelling of peace... right now.

Book Information

File Size: 1353 KB

Print Length: 102 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 21, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00HGMQEYQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #291,740 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34 in Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Philosophy >

Movements > Phenomenology #133 inÂ Books > Politics & Social Sciences > Philosophy >
Movements > Phenomenology #4176 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality >
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Customer Reviews

Arielle Hechtâ™s book, "3 Seconds to Being Your Higher Self," is a Five-Star Gem. Do not let the small size of the book fool you. The 100 pages or so of the book outline a comprehensive method of recognizing your higher self. The approach is simple, clearly stated and, when practiced faithfully, very effective. Arielle explains that we fail to recognize our natural state of simplicity, presence and peace and mistakenly take ourselves to be illusory identities. This is the result of the conditioning and programming imposed on us from the beginning of childhood. The conditioning causes us to see ourselves as limited when, in fact, the Presence that we actually are is unlimited. Our true identity is masked because our focus in daily living is on the fictional character that we adopt. To regain our true identity, our focus and attention must be shifted from our fictional selves and concentrated on the Ocean of Peace that we truly are. In her book, Arielle gives the reader an effective set of tools to do just that. But please be advised: Although the method presented in Arielleâ™s book is very effective, it requires practice, persistence and patience. One must be highly motivated and dedicated to succeed.

This little book came at such a great time as I'm experiencing some stressful situations. The author gives very good tools to use to bring oneself back to center and in the present moment. This is definitely a book I will read again and again as one can never receive this information too many times.

Praise to Ariel for having the 'Heart Of Presence' to write this magical book. It is simple, yet incredibly powerful and will help you connect to the divine in 3 seconds, 3 breaths, just 3 easy steps. Ariel writes with such compassion and love. Her Sacred Feminine Energy is felt throughout the book, holding and weaving all the threads together in a fluid, yet structured way. Take time out of your busy life and gift yourself with a journey to the Creative Source of All That Is. You can't afford not to.

This book is so powerful. I hope and pray that all read this book, practice its simple divinity and we all can live as ONE. Ms Hecht has really got 'it' and shares from her heart and her experience. This

book is a great read for children and adults, a book to be read over and over again and then more importantly to be practiced over and over again. The pearls of wisdom are shocking in how deep they reach. Enjoy- there is no other thing to do with this great gift of book.

I have been on a spiritual quest for 30 years and I couldn't connect with the Divine. I read so many books, went to siminars, yoga, meditation. Arielle made everything so simple, so you can connect with the Divine(God) without so many years devoting to yoga and other forms of reaching God without success. All her books are wonderful. Start with this book and then go to 1 Second and Know God. Your life will change drasticallyLike my life has.

Ariel has hit the mark on showing us how to remain spiritual and grounded in three easy seconds. Her concise book is easy to read and interestingly enough can be read backwards as well --- and it still makes perfect sense! This is a true winner for anyone and everyone who is looking for a simple solution to inner peace and tranquility.

Simply Super. This book is the perfect roadmap to experiencing your higher self and living in the presence of Love throughout your day. A must read for those who wish to ease the stress in their life and start experiencing peace throughout the day.

What a beautiful, sweet little book this is! Whether you are spiritually inclined or not, it is easy to understand the simple but deep message the author is conveying. With just a few clear steps to enlightenment, it is a book for everyone. I will come back to this book again and again. I absolutely loved it!

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