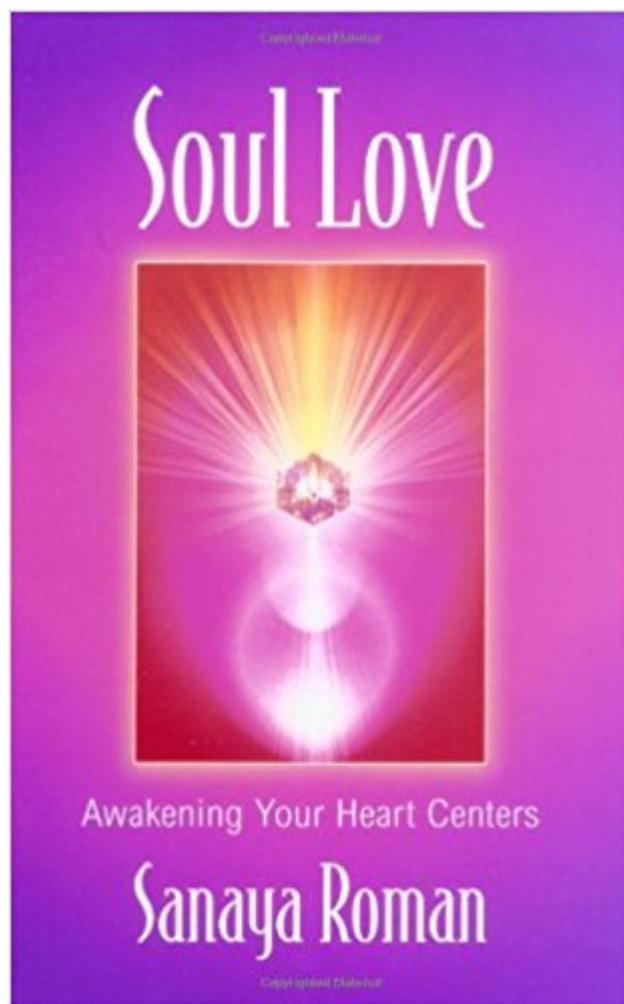


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Soul Love: Awakening Your Heart Centers (Sanaya Roman)



Synopsis

Note: The printed and the revised eBook versions are very similar. The eBook has the addition of 9 illustrations and a new introduction which are not in the printed book. The processes are the same in both versions. Soul Love teaches you how to link with your soul and open your heart in order to feel more love, self-love, and love for others. Making soul contact and awakening your heart centers can be one of the most important and transformative steps on your path of spiritual awakening that you will ever take. In the first section of this book Orin, a timeless being of light and love channeled through Sanaya, presents a series of meditations to assist you in meeting and blending with your soul. You can learn to tap into its strength, presence, light, and will to assist you with daily living. The second section of this book guides you through some of the most powerful and transformative processes Orin knows to aid you in loving as your soul. To do so you do not need to use your willpower to force yourself to act or feel more loving. Instead, you can use an energy process that involves raising the energy from your solar plexus center into your heart center, then lifting the energy from your heart center into your head center, and finally sending the accumulated energy in your head center down to your solar plexus center, creating a triangle of light. Combining this energy work with an understanding of why you are doing it can create a great shift in your ability to feel and express soul love. Personality love is based in the ego-mind and often creates suffering, pain, and discord. Soul love brings wisdom, clarity, understanding, harmony, compassion, tolerance, inclusiveness, freedom, and joy. You can experience the serenity and oneness of soul love. You can transform negative energy, release power struggles, stay true to yourself, and radiate magnetic and unconditional love, drawing love and all good things to yourself. You can expand your will to love, and surrender those thoughts, feelings, and behaviors that stand in the way of love. With soul love, you can expand your ability to love and forgive yourself and let go of guilt, regrets, or self-recrimination. You can learn to more easily release past pain, feelings that made you feel separate from others, or places within your heart that you closed off. In Section 3 you will explore how to attract a soul mate and other important people into your life. You will learn how to work with others at a soul level. You can experience wonderful, harmonious, loving, and nurturing soul relationships that fulfill your higher purpose in being together. You can dissolve obstacles to love and discover new ways to love. As you continue to work with these processes the quality of your life can change for the better. You no longer feel like a victim, because you know the power of your soul's love to change any circumstance for the better. Life becomes more flowing and easier. You feel more confident because you know that you are one with the source of all life and will always have all you need. There is a new rhythm of joy and lightness in your life. In Section 4 you will

expand your awareness of the higher realms, connecting with the Enlightened Ones, Masters, angels, guides, and all those who are assisting humanity and you to experience more light and love. You will learn how to radiate soul love to everyone you know, as you experience and express the universal presence of love. Sanaya's books have been translated into over 24 languages, in over 2,000,000 books worldwide.

Book Information

Series: Sanaya Roman (Book 1)

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Customer Reviews

"Soul Love; Awakening Your Heart Centers is a step-by-step guide to making soul contact and awakening your heart centers given to author Sanaya Roman by Orin, a wise and gentle spirit teacher. Readers will embark on a journey of adventure and growth as they prepare their personalities, journey to the soul plane, and receive energy from the Enlightened Ones that they meet and who blend with their soul. They will learn how to make their soul a part of their daily lives, tapping into its strength, light, love, and other powers to assist them with daily living. Soul Love is informative, inspiring, and inner-life affirming." -- Wisconsin Bookwatch, November 1997 "Warmly endorsed by publishers Hal and Linda Kramer, this volume of heart wisdom is the result of the author's relationship to the nonphysical entity Orin. Soul Love is a guidebook to help readers engage their heart centers (head, chest, and solar plexus) and to integrate them as the manifestation of the soul. Orin's teachings lead readers to contact this loving source within themselves and to make use of it in social relationships and in their relationships with the Divine."

The course progresses through a series of affirmations and mediations that facilitate soul connection. Its words are at once elevating and pragmatic. This is a gentle book that can have a powerfully transformative effect on the life of a devoted reader." -- Magical Blend Magazine, Issue #60 Roman has been channeling messages from the entity Orin for 20 years. Her latest book, the first in the Soul Life Series, refines the teaching of this material. Working from the heart center to meet one's soul and to connect with the souls of others, Roman emphasizes self-responsibility and the highest good for all. In four distinct sections, Roman leads the reader through connecting with one's own soul, awakening the heart center, creating soul relationships (including how to better respond to obstacles or endings therein), and radiating love. The writing is intelligent and never condescending, while the author's premise is consistent: Love is a powerful energy that can be channeled to heal. Written with compassion and a great empathy for the universal yearning for love, this is a book to guide those already familiar with energy centers within the body, and an excellent introduction for the newcomer. -- NAPRA ReView, Holiday 1997

To our readers: The books we publish are our contribution to an emerging world based on cooperation rather than on competition, on affirmation of the human spirit rather than on self-doubt, and on the certainty that all humanity is connected. Our goal is to touch as many lives as possible with a message of hope for a better world. - Hal and Linda Kramer, Publishers

This book helped me to expand my love wider and higher than it's ever gone before. It also helped me to further overcome my vindictive nature as a subpersonality that was against me loving others. I learned to love the worst of the worst, yet not have to be chums with them. I love more like God loves now and also I learned how to send this love to others so that they can heal. This book is simply amazing as it is practical and I'm glad to have found it.

Lost interest in the book when it started taking me back to things I had already mastered. Great book for someone that is just starting on their journey.

Love this and all the books in this series. Basic information in honoring your soul. Easy read; inspirational. Basic soul truths.

Probably the best book ever published for the "twin flame" mystical journey, although not marketed as such.

OMG! Supreme insight!

I have just started reading the book "Soul love" and I am very surprised. The book is magic! Amazing, lovefull, powerfull, light and sunfull. The words in the book reach my hart and Soul in a way I never have experienced before. I do the meditations, I Work with the god words in the book, and I am so happy I Have bought the book. Thank You so Much to Sanaya Roman for writing the book. Greetings from Norway and Anne

Anyone who really wants to connect with themselves like never before, here is a path that is a beautiful journey back to Self or re-opening to a new way of Being. I've had a hard time putting it down and sharing with others since I got it. This is a book I will be buying again to pass on to others.

I can't even begin to describe how much this book has changed my life.

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