



The Heart of Happiness: Restoring Happiness with Heart- Centred Healing

By Julienne Rose

BalboaPressAU. Paperback. Book Condition: New. Paperback. 104 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. This guide focuses on the idea of heart happiness, a natural state of being that can exist regardless of what is happening in our lives. The Heart of Happiness offers a multi-dimensional perspective exploring seven major issues of life-self, relationships, health and well-being, career or calling, abundance, connecting with others, love and healing. Using these simple change processes can transform any area of your life. Julienne's latest exploration led her along a fascinating path of self-discovery. Through her own personal challenges and observation of the struggles of others, she gradually came to the realisation that there must be an easier, more direct way to work through life's challenges. She started exploring a channelling process of connecting to her Higher Self. One day, in the very early hours of the morning, Julienne received a spiritual download of information that was to become the basis for The Heart of Happiness. In discovering this way of connecting with her Higher Self, she was both excited and in awe of this new level of insight and awareness. This knowledge has continued to come through, to help Julienne with her own life...



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