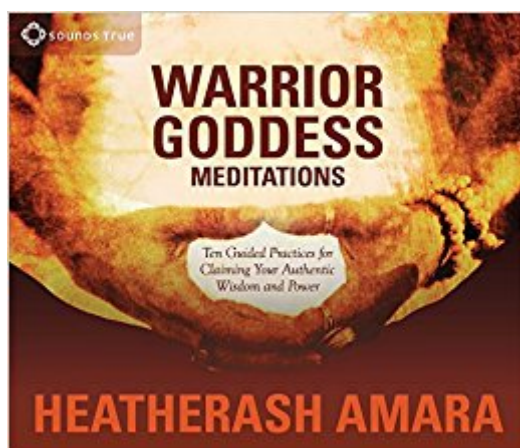


The book was found

Warrior Goddess Meditations: Ten Guided Practices For Claiming Your Authentic Wisdom And Power



Synopsis

What is a warrior goddess? It's a woman who dares to face her fears and doubts, reclaim her purpose, and bring it on with all her vibrancy, power, compassion, and fierce love. This collection of guided practices takes you step by step through the transformative and empowering tools taught in HeatherAsh Amara's book *Warrior Goddess Training*. Perfect on its own or as a reading companion, *Warrior Goddess Meditations* engages us directly in the 10 key steps to a woman's true vision and power: Committing to Yourself • Aligning with Life • Purifying Your Vessel • Grounding Your Being and Freeing Your Past • Energizing Your Sexuality and Creativity • Claiming Your Strength and Will • Opening Your Heart • Speaking Your Truth • Embodying Your Wisdom • Choosing Your Path Whether you're new to the Warrior Goddess principles or already familiar, this audio program will give you an abundance of ways to identify the beliefs that constrain you and reclaim your energies of love, compassion, vulnerability, and authenticity. Â

Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (April 1, 2016)

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Average Customer Review: 4.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #65,583 in Books (See Top 100 in Books) #15 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #18 in Books > Books on CD > Health, Mind & Body > Meditation #26 in Books > Religion & Spirituality > New Age & Spirituality > Goddesses

Customer Reviews

HeatherAsh Amara HeatherAsh Amara is the author of *The Warrior Goddess Way*, *Warrior Goddess Training*, and *The Toltec Path of Transformation* (Hierophant Publishing). With Sounds True, she has recorded *The Warrior Goddess Training Program* and *Warrior Goddess Meditations*. She is dedicated to inspiring depth, creativity, and joy by sharing the most potent tools from a variety of world traditions. For more, visit heatherashamara.com.

I thought the meditations were okay, but I really wasn't inspired by them. I think this is a personal choice and what I consider to be just okay could be seen as life changing and life affirming by others.

HeatherAsh Amara has created a wonderful meditation cd. She leads you through guided meditations to bring out the best in you. Her voice is very soothing and reassuring. I love this cd.

My wife loves the cd!

Great seller...awesome meditations.

I love this CD. It's excellent for working with the book "The warrior Goddess Training Program". Both truly go hand in hand.

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Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques)
Healing Touch Meditations: Guided Practices to Awaken Healing Energy For Yourself and Others
Chakra Breathing Meditations: Three Guided Practices to Unify Body, Breath, & Mind
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