

Healing From the Core : A Journey Home to Ourselves (7 CD Set)

Suzanne Scurlock-Durana



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Understanding your own unique energy flow

Rejuvenating and nourishing yourself

Holding a healing space, a therapeutic presence, for others

Having healthy boundaries, allowing you to feel more deeply connected to the world without burning out

Healing your own mental and emotional blocks

Returning to your center, even under stress

Discovering how to bring more joy into your daily life

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