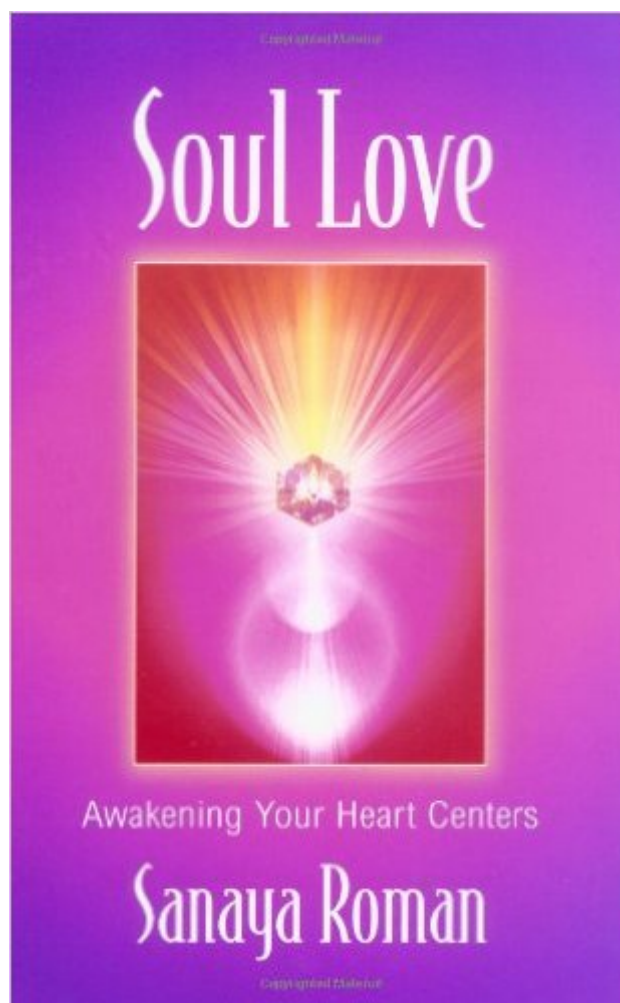


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Soul Love: Awakening Your Heart Centers (Sanaya Roman)



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

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Customer Reviews

Some of the most beautiful and powerful experiences I've had in my life have been through practicing exercises in this book. The experience of "soul love" that Sanaya/Orin describes is for real and it is the single most incredible thing I have ever experienced. It is almost indescribable but I'll try anyway...It was if my heart opened up and began to shine like the sun, first filling my chest then my body, then the whole room and as it did, I had the most wonderful and blissful feeling of love I've ever experienced. Many orders of magnitudes beyond what you feel for loved ones. It was so powerful it wiped out all thought... nothing else mattered. I was aware of time passing to a small degree but it didn't matter. Every breath, every beat of my heart was ecstasy, every moment was bliss. I realized and experienced that I *was* love and so was everyone else. I experienced all physical matter as being made up of love. In this way I saw that we and everything that exists are all connected and the saying that "We are all one" became an experiential reality to me. All life and physical matter is made up of the same stuff and we are all connected in this way- there was never

a point where I ended and another object or person began. It was all an endless continuum of love/energy that showed up as physical objects or other people where concentrations of energy was higher... but there was never an "empty space" between myself and someone/something else. I was still aware of all of the suffering in the world but knew that from a higher perspective that it was all ok, it was all perfect. I was able to love all of the negativity and suffering as well as the good.

I am not big on "channeled information"...not that I don't believe that there are certain people who can channel the wisdom of ancient masters, but I believe that all of the wisdom, all of the guidance, all of the power that ever was, is, and will be is already within us. The only reason that the vast majority of us don't access this wisdom, however, is because most of us identify with our small "s" self rather than our Large "S" Self. After saying that, I do enjoy the 'Orin' series and have read quite a few of "his" books. The reason why I like these books is because there is a very nice, easy going style to them. There is really nothing too preachy in them. Most of it is all common sense...and after saying that, is there really anything common about common sense? Before I met my wife I had gone out with many women and yet they were all the same. Not only did they all bare an uncanny resemblance to each other, but they all acted the same. I seemed to attract women who were very selfish and aloof and cold. The last girlfriend I had before my wife was the last straw. I was determined not to go out with the "same" woman again. I decided to get to the "brass tacks" of the situation. I made up a list of everything I wanted in a future mate. This was recommended in this book. And then instead of looking for this in another, I had to "become" what I wanted to attract. I dated people who were very unattached and very aloof and very unappreciative of me because this is the way I thought I deserved to be treated. Not consciously, but unconsciously. I attracted women to me that were "unavailable" to me because I was unavailable for myself.

This is a great book. I will tell you a story. About 3 years ago, I bought this book and only read the first few pages and put it down. I ended up giving it away and later rediscovered the book after having read CREATING MONEY. At first, I didn't realize that it was the same book I'd had before! This time, I loved the book! What makes this book so great is that it is very approachable. Orin's channelings are always written in a basic language that is easy to understand. I've read channeled books which have very complicated language that can be difficult to read if you aren't used to reading technical material. This book is filled with love. Every word is written from a heart-centered place and is designed so that you can feel this warmth inside of yourself. Now, onto the meat of Soul Love. This book gives you detailed exercises about how to connect with your higher self and receive

its love as well as visualization exercises for healing your relationships and finding a soul mate. Being very honest, Soul Love makes no promises that it can't keep. It doesn't lead you on about what soul mates are or how relationships work. It is mainly a book for self-discovery and owning the love within your own being FIRST, and then loving someone else. The deepest kind of love is always with yourself and by knowing and loving yourself, then you can reach out to someone else. Soul Love is great because you can use it whether or not you are concerned about finding a soul mate. Maybe you've suffered abuse in your life or maybe you are discovering your spirituality and you want reassurance and guidance. This book can help. It can also help when you've had a painful experience with someone and you want to move forward.

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