



Personal Growth Meditations (Book 5) - The Whole Picture

Viv Rosser

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From before we are even born we humans begin to develop our view of the world. The trouble is we form this picture from a very limited view of what is out there. The story we tell ourselves about what our life is like, can be very debilitating, and we can end up repeating our misfortunes because of this negative view. So how can we dissolve the false images from our past? To do this we need to meditate on the chakras, on the purity of the colours of the rainbow, and allow our Crown Chakra to unite us with pure, white light, so that the ideas and misinterpretations of our past can dissolve away.

Not an easy task but one this book takes seriously and begins to start the process through acknowledging what is really out there and taking you through a picturesque journey of what else might be. Designed for kindle fire this book is full of colourful images, including meditations and explanations.

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