



# **Raise Your Vibration, Transform Your Life: A Practical Guide for Attaining Better Health, Vitality and InnerPeace**

*Dawn James*

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Raise Your Vibration, Transform Your Life! Are you feeling overcommitted? Run down? Dissatisfied with life? Dawn James shares some simple and effective ways to reduce stress, remove toxicity, regain balance in your life and respond to life situations with grace and ease. We are vibrational beings designed to be healthy and happy—but many of us have fallen into a pattern of living that disconnects us from our personal Divine Wisdom and truth. In *Raise Your Vibration, Transform Your Life: A Practical Guide for Attaining Better Health, Vitality and Inner Peace*, you will learn the laws of vibration and how to use them to counteract stress, increase vitality and cultivate inner peace. By learning to raise your personal vibration, you will begin to encounter other people with higher vibrations, and attract positive and pleasant situations into your life. When you increase awareness of self, you can transform your life! “A well thought out book that is organized, helpful, practical and most of all inspiring!” — Clayshell, Canadian Book Club review “Raise your Vibration, Transform Your Life is a powerful guide to conscious living techniques and is highly recommended” ~ Pegi Evers, The Link Magazine “This is an exceptional physiological, psychological, spiritual and holistic guide book that you will refer to again and again.” — C Bode, Book Reviewer “Raise Your Vibration, Transform Your Life is a well thought out journey of all the health and healing modalities. A great reference book!” — Bharangi, Ki Awareness Magazine “Captivating read! I would use this book as a guide for my own sound work. I applaud Dawn for her courage to bring this very important information to the public.” ~ David Hickey, Crystal Journey, Musician “Raise Your Vibration, Transform Your Life is an important tool for understanding the nature of wellness at all levels of our being, from physiological, to emotional, psychological, and spiritual. Dawn draws upon current science and wisdom with accuracy and efficacy, as well as ancient precepts of understanding the nature of vibration, wellness, and how we can approach life in a more vital and fulfilling manner... this is an excellent resource!” — Zacciah Blackburn, PhD, Director of Education, The International Sound Healing network. Director, the Center of Light Institute of Sound healing and Shamanic Studies

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