

SPIRITUAL CURRENCY

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25 January 2021



ISBN (Paperback): 9781800319561
ISBN (Ebook): 9781800319554
Price: £12.99 (Paperback), £7.99 (Ebook)
Extent: 160 pages
Format: 198 X 129mm
Rights Held: World
Genre: Business/ Spiritual

This is the book of Y.O.U. (Your Own Universe) which is designed to track and compound your life's capital. The reason for this book is to make you aware of your Spirituality and Consciousness.

The analogy of currency to our basic life's capital is a representation of the wealth of our spirit and the height of our consciousness. The book will take you on a journey to explore your belief systems regarding a variety of topics including Trust, Gratitude, Acknowledgment, Relationships, Sex, Energy, Presence... You will find exercises which may assist you in evaluating your personal development and increasing and maintaining your spiritual performance.

The exercises are short, thought provoking and easy to complete. Feel free to rewrite and edit these sessions as your self-awareness grows. Unlike other academic exercises, there are no grades or wrong answers; so be candid and enjoy the revelations or what we like to call, "ah hah" moments. These moments of clarity and discovery will happen more frequently as your Spiritual Currency grows and Your Own Universe reveals itself.

CONTENTS INTRODUCTION

1. CREATION MYTH - SPIRITUAL INTRODUCTION
2. Y. O. U.
3. RELATIONSHIPS AND COMMUNICATION
4. TIME AND SPACE, PREDICTING THE FUTURE
5. SLEEP
6. INTENTION-ARTIFICIAL INTELLIGENCE AND DECISION MAKING
7. LOVE, OMNIPRESENCE, AND SOVEREIGNTY

Key Selling Points:

- Methodology is designed to increase self-awareness and stimulate the realisation of your potential.
- Designed to achieve the sustained performance required for excellence and tranquility in one's profession as well as one's personal relationships.

Comparison Title:

Power of Now by Eckhart Tolle and Good Vibes,
Good Life by Vex King

Author:

Karren founded Whitespace at the request of her successful client base from the London Leadership Centre. She is passionate about the mind and the neuroscience, which helps explain the emotional and mental performance so significant to attaining success and happiness.

Karren has been an acclaimed entrepreneur which gives her additional credibility in her advisory services to major corporations. Karen is known for her provocative interviews and insightful blogs.