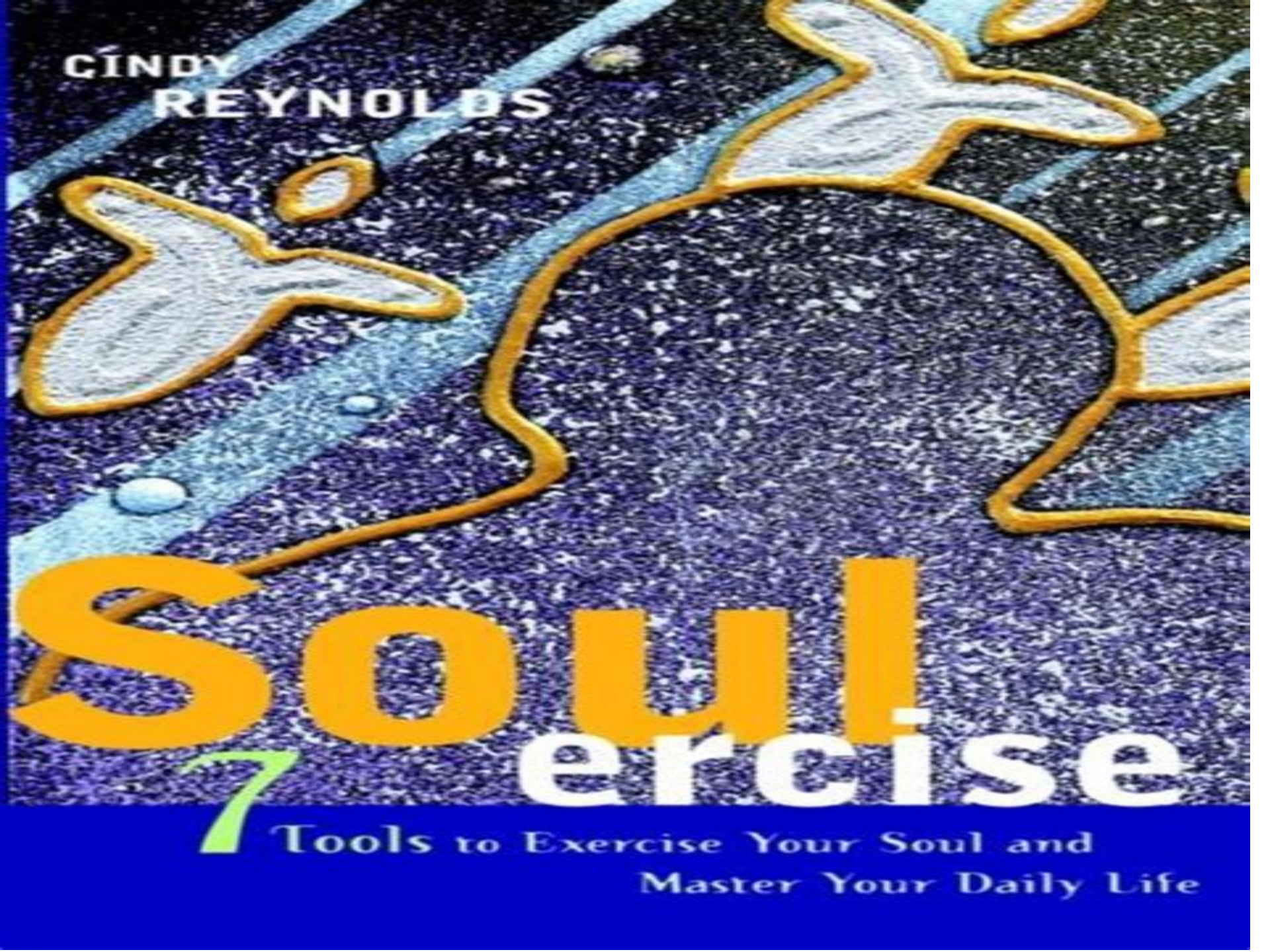


The background of the cover is a dark, textured purple. It features several stylized, light blue figures with thick orange outlines. One figure is on the left, another is on the right, and a large, irregular circle with an orange outline is in the center. The text 'CINDY REYNOLDS' is in the top left corner.

CINDY
REYNOLDS

Soul 7 exercise

Tools to Exercise Your Soul and
Master Your Daily Life

Soulercise 7 Tools To Exercise Your Soul Master

John Nies



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power of your soul TOOL 1 THE IMMORTALITY TOOL Experience your deeper self your soul as a living force within TOOL 2 THE ESTEEM TOOL Embrace who you are no matter what thoughts and emotions consume you TOOL 3 THE MENTOR TOOL Become your own coach to move higher and deeper within TOOL 4 THE HARMONY TOOL Raise your energy level bringing your personality into alignment with your soul TOOL 5 THE INDUCTION TOOL Expand your light to experience the energy and consciousness of your soul TOOL 6 THE INTUIT TOOL Listen to your inner guidance and design new perspectives to live by TOOL 7 THE TRANSFORMATION TOOL Exercise your soul programming and applying its wisdom to master your daily life Click here to go to Soulercise com Welcome to Soulercise *Live the Seven: 7 Tools to Honor Your Body, Sharpen Your Mind & Ignite Your Spirit* John Nies,2018-01-08 If you want authentic power to live a life with peace of mind to create mental physical emotional and spiritual harmony for yourself and have the ability to love and be loved then you ll want to learn and make the Seven Disciplines a part of your life John Nies 1 ldquo

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