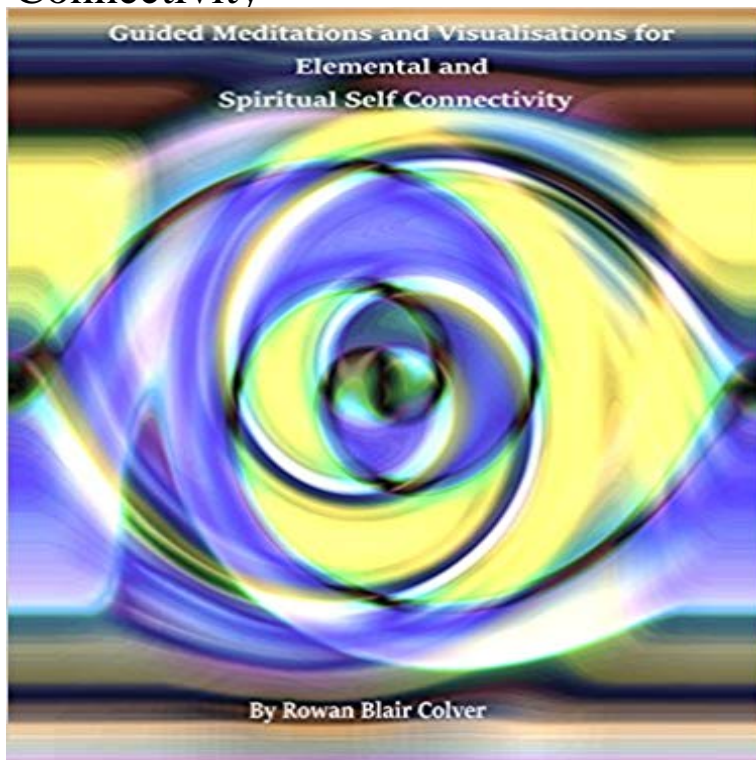


# Guided Meditations and Visualisations for Elemental and Spiritual Self Connectivity



It is commonly said that a healthy mind and body are interconnected, and that a healthy mind does healthy actions which work to create a better life for everyone. An unhealthy mind will result in unhealthy actions which in general makes life harder. This is a time of great change, it always is so. There has never been a moment in the entire history of humankind where our actions are not drastically important. With this book, I have provided a tool in which common spiritual symbolism is used in line with psychological structure to allow a person to address their personal mental health and stability. Using guided visualisation, awareness and mindfulness practices alongside a structured step by step approach into the layers of the spirit/personality, this work will open doors and unblock energies from all aspects of self. The work within is aimed at working on a subconscious level in the form of dreamlike journeys which are intended to be imagined and felt to the best of ones ability. Most of all, please enjoy this book and what it can offer to you.

We've started our countdown to National Handbag Day on October 10, and that means we'll have special features for you every day, right up to the big event! Today, we're here to talk about the intersection of celebrity and accessories, and more specifically, how the two can become intertwined in public consciousness for years. The kinds of stars who carry a particular bag do a lot to shape the market's perception of it and the designer who created it, which is why so many brands give out free bags to stars now: they're hoping to create positive associations. In the cases you see below, though, things came along a little bit more naturally. You can't rush love, after all. Think of a bag-celeb duo we missed? Let us know in the comments!

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