



# **From Fear to Eternity: 212 Ways to Let Go of Limiting Beliefs and Shift Your Energy into Higher Consciousness Living**

*Gina-Dianne Harding*

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# From Fear to Eternity: 212 Ways to Let Go of Limiting Beliefs and Shift Your Energy into Higher Consciousness Living

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Whether you want quick tips to shift into higher vibration, or want to take a reflective journey along your spiritual path, this book provides the essential information you need. The author invites you to start your transformation today. Humanity is going through a rapid transformation. You may follow one of two paths: Be dragged through; stuck in overwhelmingly fearful and limiting beliefs, energy-draining thoughts, and painful feelings. OR Learn the tools that shift you into the higher-conscious life you've yearned for-where you experience improved health, connected and loving relationships, fulfilling work, and the knowledge that, no matter what happens around you, everything is ultimately right in your life! Dive into this book and discover: How vibrational energy can connect you to everything around you; How modifying your affirmations to bite-size, believable pieces helps prevent becoming overwhelmed; How to prevent leaking your energy and keep energy vampires from depleting your vitality; Tools to shift your energy almost instantaneously, Why consciously adopting these new behaviors now is vital as we approach 2012 and move toward the next age of human evolution. 'This important book shows how we have an opportunity to greatly improve our lives and, by this simple action, uplift humanity' -James F. Twyman, Peace Troubadour. 'This book makes relevant to the reader the path of personal awakening and self-empowerment. Gina-Dianne's personal life experience and spiritual awakening has created this fine reference work for the seeker who wishes to improve their spiritual focus and avoid the many distractions of our time' -Richard Jelusich, PhD, author of Eye of the Lotus: Psychology of the Chakras 'Gina-Dianne Harding's book becomes a bridge between the different theories about 2012 written by scientists and researchers of the Mayan culture.

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