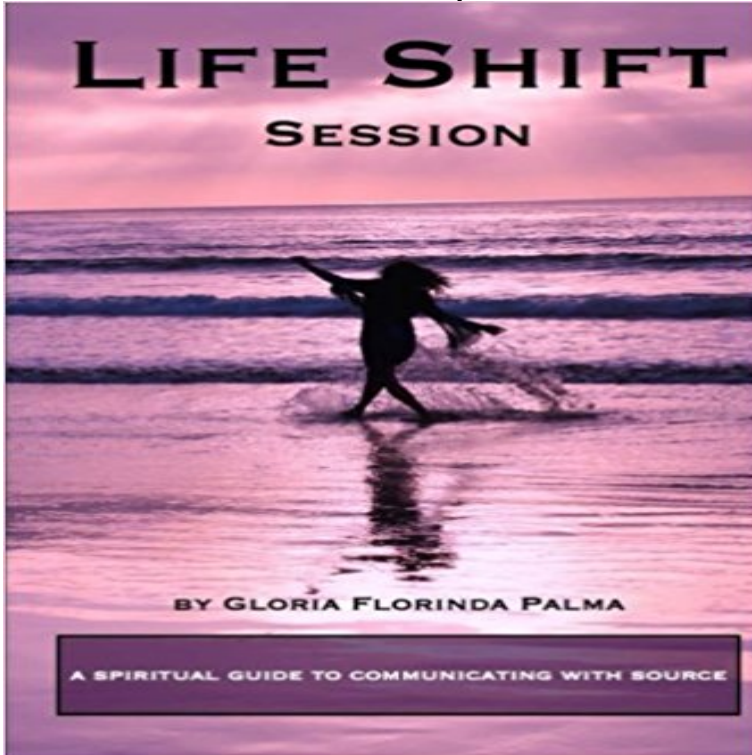


# Life Shift Session: A Spiritual Guide to Communicating With Source



In Life Shift Session, Gloria Florinda Palma guides us to ascending to our higher self. Using the exercises and worksheets included in this book, Palma shows us how to get unstuck and move forward in life by utilizing others as mirrors instead of blocks, gently guiding us on a path of love and Light. By loving your dark side as well as your Light, you complete the love of self. - Goddess Gloria

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