



Soul Love: Awakening Your Heart Centers (Sanaya Roman)

By Sanaya Roman

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Note: The printed and the revised eBook versions are very similar. The eBook has the addition of 9 illustrations and a new introduction which are not in the printed book. The processes are the same in both versions.

Soul Love teaches you how to link with your soul and open your heart in order to feel more love, self-love, and love for others. Making soul contact and awakening your heart centers can be one of the most important and transformative steps on your path of spiritual awakening that you will ever take.

In the first section of this book Orin, a timeless being of light and love channeled through Sanaya, presents a series of meditations to assist you in meeting and blending with your soul. You can learn to tap into its strength, presence, light, and will to assist you with daily living.

The second section of this book guides you through some of the most powerful and transformative processes Orin knows to aid you in loving as your soul. To do so you do not need to use your willpower to force yourself to act or feel more loving.

Instead, you can use an energy process that involves raising the energy from your solar plexus center into your heart center, then lifting the energy from your heart center into your head center, and finally sending the accumulated energy in your head center down to your solar plexus center, creating a triangle of light.

Combining this energy work with an understanding of why you are doing it can create a great shift in your ability to feel and express soul love. Personality love is based in the ego-mind and often creates suffering, pain, and discord. Soul love brings wisdom, clarity, understanding, harmony, compassion, tolerance, inclusiveness, freedom, and joy.

You can experience the serenity and oneness of soul love. You can transform negative energy, release power struggles, stay true to yourself, and radiate magnetic and unconditional love, drawing love and all good things to yourself.

You can expand your will to love, and surrender those thoughts, feelings, and behaviors that stand in the way of love.

With soul love, you can expand your ability to love and forgive yourself and let go of guilt, regrets, or self-recrimination. You can learn to more easily release past pain, feelings that made you feel separate from others, or places within your heart that you closed off.

In Section 3 you will explore how to attract a soul mate and other important people into your life. You will learn how to work with others at a soul level. You can experience wonderful, harmonious, loving, and nurturing soul relationships that fulfill your higher purpose in being together. You can dissolve obstacles to love and discover new ways to love.

As you continue to work with these processes the quality of your life can change for the better. You no longer feel like a victim, because you know the power of your soul's love to change any circumstance for the better. Life becomes more flowing and easier. You feel more confident because you know that you are one with the source of all life and will always have all you need. There is a new rhythm of joy and lightness in your life.

In Section 4 you will expand your awareness of the higher realms, connecting with the Enlightened Ones, Masters, angels, guides, and all those who are assisting humanity and you to experience more light and love. You will learn how to radiate soul love to everyone you know, as you experience and express the universal presence of love.

Sanaya's books have been translated into over 24 languages, in over 2,000,000 books worldwide.

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Editorial Review

Review

"*Soul Love; Awakening Your Heart Centers* is a step-by-step guide to making soul contact and awakening your heart centers given to author Sanaya Roman by Orin, a wise and gentle spirit teacher. Readers will embark on a journey of adventure and growth as they prepare their personalities, journey to the soul plane, and receive energy from the Enlightened Ones that they meet and who blend with their soul. They will learn how to make their soul a part of their daily lives, tapping into its strength, light, love, and other powers to assist them with daily living. *Soul Love* is informative, inspiring, and inner-life affirming." -- *Wisconsin Bookwatch*, November 1997

"Warmly endorsed by publishers Hal and Linda Kramer, this volume of heart wisdom is the result of the author's relationship to the nonphysical entity Orin. *Soul Love* is a guidebook to help readers engage their heart centers (head, chest, and solar plexus) and to integrate them as the manifestation of the soul. Orin's teachings lead readers to contact this loving source within themselves and to make use of it in social relationships and in their relationships with the Divine. The course progresses through a series of affirmations and mediations that facilitate soul connection. Its words are at once elevating and pragmatic. This is a gentle book that can have a powerfully transformative effect on the life of a devoted reader." -- *Magical Blend Magazine*, Issue #60

Roman has been channeling messages from the entity Orin for 20 years. Her latest book, the first in the *Soul Life Series*, refines the teaching of this material. Working from the heart center to meet one's soul and to connect with the souls of others, Roman emphasizes self-responsibility and the highest good for all. In four distinct sections, Roman leads the reader through connecting with one's own soul, awakening the heart center, creating soul relationships (including how to better respond to obstacles or endings therein), and radiating love. The writing is intelligent and never condescending, while the author's premise is consistent: Love is a powerful energy that can be channeled to heal. Written with compassion and a great empathy for the universal yearning for love, this is a book to guide those already familiar with energy centers within the body, and an excellent introduction for the newcomer. -- *NAPRA ReView*, Holiday 1997

From the Publisher

To our readers: The books we publish are our contribution to an emerging world based on cooperation rather than on competition, on affirmation of the human spirit rather than on self-doubt, and on the certainty that all humanity is connected. Our goal is to touch as many lives as possible with a message of hope for a better world. - Hal and Linda Kramer, Publishers

From the Back Cover

This step-by-step guide to making soul contact and awakening your heart centers was given to Sanaya Roman by Orin, a wise and gentle spirit teacher. As you read, you will be taking a wonderful journey of adventure and growth. You will prepare your personality, journey to the soul plane, and receive energy from the Enlightened Ones as you meet and blend with your soul. You will learn how to make your soul a part of your daily life, tapping into its strength, light, love, and other powers to assist you with daily living. You will culminate your journey by creating wheels of love to transform your relationships with friends, family, colleagues, and groups you are a part of. You will join in a call to the Great Ones, to ask for love to be sent to awaken the heart centers of humanity, volunteering, if you choose, to become a shining light for others. You will experience the power of love, the most powerful energy in the universe.

Users Review

From reader reviews:

Zola Campbell:

A lot of people always spent their very own free time to vacation as well as go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read any book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a e-book. The book Soul Love: Awakening Your Heart Centers (Sanaya Roman) it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to cover but this book possesses high quality.

Maurice Henkel:

Soul Love: Awakening Your Heart Centers (Sanaya Roman) can be one of your basic books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to set every word into joy arrangement in writing Soul Love: Awakening Your Heart Centers (Sanaya Roman) although doesn't forget the main place, giving the reader the hottest as well as based confirm resource details that maybe you can be one of it. This great information can drawn you into fresh stage of crucial considering.

Lizabeth Melgar:

Reading a book to be new life style in this year; every people loves to read a book. When you examine a book you can get a large amount of benefit. When you read publications, you can improve your knowledge, since book has a lot of information upon it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your review, you can read education books, but if you want to entertain yourself read a fiction books, these kinds of us novel, comics, and soon. The Soul Love: Awakening Your Heart Centers (Sanaya Roman) offer you a new experience in looking at a book.

June Slater:

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