

# Divine Guidance

**Book Companion**

**Awakening Resources**

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## Contents

Introduction .....	3
Books .....	4
Videos .....	7
Movies/Series .....	8
Music .....	9
Guided Meditations .....	9
Healing Methodologies.....	12

## **Introduction**

As promised in Divine Guidance book I am happy to provide you with the list of great resources which significantly helped me on my awakening path and ascension.

Here you can find the list of the following:

- Books
- Videos
- Movies/Series
- Music
- Guided meditations
- Healing methodologies

My invitation is to check these suggestions if they resonate with you.

Improvements in my life, while I was learning from these resources, were truly amazing. All the invested effort paid itself immensely.

If at any time you may need more information, you may have any questions or ideas to share, please do not hesitate to contact me at [awakening@truelife.org](mailto:awakening@truelife.org).

### ***Live A True Life***

*Awakened Planet Seeders & Co-Creators*

#### **NOTE:**

In this document I have provided links to many resources. At the time of publishing this document all the links were accurate and working. Over time these links may change and move. If any of the links may not be working at the time when you are reading this document, please do internet search to find a resource you may be interested in and/or let us know as well. Thank you for your understanding.

## Books

Books are truly amazing! Ten, twenty or even more years of someone’s experience condensed into one book for us to learn and grow.

Every single good book brings us invaluable insights and someone’s deep knowledge, understanding and experience.

Imagine if someone would tell you that he/she can save you ten or twenty years of effort in life?

If someone would tell you I can save you from so much of struggle and pain in life by this one simple book?

Books are extremely powerful tool for awakening. If time, circumstances and obligations does not permit you to read as much as you would like, please consider audio books. They are great too! I listen to audio books while I walk my dog, while I cook, clean the house and so on.

Below is a list of the books that I cherish. Deep thankfulness and gratitude to these wonderful people and Souls who had courage and stamina to share this knowledge and insights with us.

Name/Brief description	Link
<p><b>Eckhart Tolle</b> Eckhart Tolle has provided significant contributions to the humankind. His two books The Power of Now and A New Earth are must read for everybody on the awakening path.</p>	<p><b>The Power of Now</b> <a href="https://eckharttolle.com/power-of-now-excerpt/">https://eckharttolle.com/power-of-now-excerpt/</a></p> <p><b>A New Earth</b> <a href="https://eckharttolle.com/a-new-earth-excerpt/">https://eckharttolle.com/a-new-earth-excerpt/</a></p>
<p><b>Dr. Joe Dispenza</b> Dr. Joe Dispenza provided us with truly amazing work. Creation vs. suffering! Our potentials are unlimited! Mediation is the way to open all these possibilities.</p>	<p><b>Becoming Supernatural</b> <a href="https://drjoedispenza.com/collections/books/products/becoming-supernatural-by-dr-joe-dispenza-paperback-book?variant=35489818771617">https://drjoedispenza.com/collections/books/products/becoming-supernatural-by-dr-joe-dispenza-paperback-book?variant=35489818771617</a></p> <p><b>Breaking The Habit of Being Yourself</b> <a href="https://drjoedispenza.com/collections/books/products/breaking-the-habit-of-being-yourself-by-dr-joe-dispenza-paperback-book?variant=35489832501409">https://drjoedispenza.com/collections/books/products/breaking-the-habit-of-being-yourself-by-dr-joe-dispenza-paperback-book?variant=35489832501409</a></p> <p><b>You Are The Placebo</b> <a href="https://drjoedispenza.com/collections/books/products/you-are-the-placebo-by-dr-joe-dispenza-paperback-book?variant=35489847181473">https://drjoedispenza.com/collections/books/products/you-are-the-placebo-by-dr-joe-dispenza-paperback-book?variant=35489847181473</a></p>
<p><b>Paulo Coelho</b> The Alchemist book is a must read for anyone who is on the path of awakening. Travel the entire world to come home in the end.</p>	<p><b>The Alchemist</b> <a href="https://paulocoelhofoundation.com/books/paulo-coelho-the-chemist/">https://paulocoelhofoundation.com/books/paulo-coelho-the-chemist/</a></p>

<p><b>Shirzad Chamine</b> Positive Intelligence book explains very important concepts such as inner saboteurs and sages. It gives us practical advices how to turn inner sabotages into positive action.</p>	<p><b>Positive Intelligence</b> <a href="https://www.positiveintelligence.com">https://www.positiveintelligence.com</a></p>
<p><b>James Clear</b> Atomic Habits book offers us unique and very impactful advice how to change ourselves for better.</p>	<p><b>Atomic Habits</b> <a href="https://jamesclear.com/atomic-habits">https://jamesclear.com/atomic-habits</a></p>
<p><b>Ruper Sheldrake</b> Mr. Sheldrake wrote several books, one of which is Morphic Resonance, the science of formative causation. Truly powerful knowledge.</p>	<p><b>Morphic Resonance</b> <a href="https://www.sheldrake.org/books-by-ruPERT-sheldrake/a-new-science-of-life-morphic-resonance">https://www.sheldrake.org/books-by-ruPERT-sheldrake/a-new-science-of-life-morphic-resonance</a></p>
<p><b>Michael Talbot</b> Mr. Tabot presents us with very strong arguments that the entire universe is one massive hologram. This opens unimaginable possibilities for us humans.</p>	<p><b>The Holographic Universe</b> <a href="https://www.goodreads.com/book/show/319014.The_Holographic_Universe">https://www.goodreads.com/book/show/319014.The_Holographic_Universe</a></p>
<p><b>Brain L. Weiss</b> Dr. Brian Weiss has done an incredible work in presenting us with concepts of past lives and incarnations. And what we can do to resolve life problems and challenges which are reflections from the past lives.</p>	<p><b>Many Lives, Many Masters</b> <a href="https://www.brianweiss.com/about-the-books/many-lives-many-masters/">https://www.brianweiss.com/about-the-books/many-lives-many-masters/</a></p> <p><b>Through Time Into Healing</b> <a href="https://www.brianweiss.com/about-the-books/through-time-into-healing/">https://www.brianweiss.com/about-the-books/through-time-into-healing/</a></p>
<p><b>David R. Hawkins</b> Dr. David R. Hawkins has done truly monumental work in presenting the nature of our consciousness and true awakening path. His books are must read on any spiritual path.</p>	<p><b>Letting Go, The Pathway Of Surrender</b> <a href="https://veritaspublishing.com/product/letting-go-the-pathway-of-surrender-1/">https://veritaspublishing.com/product/letting-go-the-pathway-of-surrender-1/</a></p> <p><b>Power vs. Force</b> <a href="https://veritaspublishing.com/product/power-vs-force-the-hidden-determinants-of-human-behavior/">https://veritaspublishing.com/product/power-vs-force-the-hidden-determinants-of-human-behavior/</a></p>
<p><b>Joe Vitale</b> Dr. Joe Vitale brough Hawaiian Ho'oponopono spiritual tradition to the light of modern world. For this we are deeply grateful to him.</p>	<p><b>Zero Limits</b> <a href="https://www.amazon.ca/Zero-Limits-Secret-Hawaiian-System/dp/0470402563/ref=sr_1_1?dchild=1&amp;keywords=zero+limits&amp;qid=1632445669&amp;s=books&amp;sr=1-1">https://www.amazon.ca/Zero-Limits-Secret-Hawaiian-System/dp/0470402563/ref=sr_1_1?dchild=1&amp;keywords=zero+limits&amp;qid=1632445669&amp;s=books&amp;sr=1-1</a></p>

<p><b>Joseph Murphy</b> Dr. Joseph Murphy contributed to the wellbeing of humankind through his work on the power of our subconscious mind. Incredible and endless possibilities.</p>	<p><b>The Power of Subconscious Mind</b> <a href="https://www.goodreads.com/book/show/68984.The_Power_of_Your_Subconscious_Mind">https://www.goodreads.com/book/show/68984.The_Power_of_Your_Subconscious_Mind</a></p>
<p><b>Bruce H. Lipton</b> PhD Bruce Lipton brought to us truly incredible understanding that our wellbeing and our health all depend on the state of our cells.</p>	<p><b>Biology of Belief</b> <a href="https://www.bruce-lipton.com/books/#biology-of-belief">https://www.bruce-lipton.com/books/#biology-of-belief</a></p>
<p><b>Daniel Goleman</b> PhD Daniel Goleman contributed to the wellbeing of life through his phenomenal work on understating our emotions, how they impact our life and how to properly manage them.</p>	<p><b>Emotional Intelligence</b> <a href="https://www.amazon.ca/Emotional-Intelligence-Matter-More-Than-ebook/dp/B000JMKVCG/ref=sr_1_1?dchild=1&amp;keywords=emotional+intelligence&amp;qid=1632483410&amp;s=digital-text&amp;sr=1-1">https://www.amazon.ca/Emotional-Intelligence-Matter-More-Than-ebook/dp/B000JMKVCG/ref=sr_1_1?dchild=1&amp;keywords=emotional+intelligence&amp;qid=1632483410&amp;s=digital-text&amp;sr=1-1</a></p>
<p><b>Thomas A. Kempis</b> This is one of the books which is a must read. To be truly alive we should live life with Christ energies in our heart. Energies of unconditional love &amp; peace.</p>	<p><b>The Imitation of Christ</b> <a href="https://www.amazon.ca/Imitation-Christ-Timeless-Classic-Contemporary-ebook/dp/B072BQ78CF/ref=sr_1_3?dchild=1&amp;keywords=the+imitation+of+christ&amp;qid=1632483379&amp;s=digital-text&amp;sr=1-3">https://www.amazon.ca/Imitation-Christ-Timeless-Classic-Contemporary-ebook/dp/B072BQ78CF/ref=sr_1_3?dchild=1&amp;keywords=the+imitation+of+christ&amp;qid=1632483379&amp;s=digital-text&amp;sr=1-3</a></p>
<p><b>Rick Warren</b> Mr. Rick Warren wrote a bestselling and one of the most influential books, which goes deep into answering the question 'Why Am I Here'.</p>	<p><b>Purpose Driven Life</b> <a href="https://www.purposedriven.com/the-book/">https://www.purposedriven.com/the-book/</a></p>
<p><b>Ursula K. Le Guin</b> The ancient text of Tao Te Ching brought to us in English translation. Ancient philosophy of living and Being. A must read.</p>	<p><b>Lao Tzu: Tao Te Ching</b> <a href="https://www.amazon.ca/Lao-Tzu-Ching-about-Power-ebook/dp/B007V3FMDY/ref=sr_1_1?dchild=1&amp;keywords=lao+tzu&amp;qid=1632483484&amp;s=digital-text&amp;sr=1-1">https://www.amazon.ca/Lao-Tzu-Ching-about-Power-ebook/dp/B007V3FMDY/ref=sr_1_1?dchild=1&amp;keywords=lao+tzu&amp;qid=1632483484&amp;s=digital-text&amp;sr=1-1</a></p>
<p><b>Sogyal Rinpoche</b> Mr. Rinpoche wrote one of the most comprehensive books about Buddhist view on life and death. A must read on anyone's awakening path.</p>	<p><b>Tibetan Book of Living &amp; Dying</b> <a href="https://www.amazon.ca/Tibetan-Book-Living-Dying-International-ebook/dp/B000FC147G/ref=sr_1_1?dchild=1&amp;keywords=Tibetan+Book+of+Living+%26+Dying&amp;qid=1632482976&amp;s=digital-text&amp;sr=1-1">https://www.amazon.ca/Tibetan-Book-Living-Dying-International-ebook/dp/B000FC147G/ref=sr_1_1?dchild=1&amp;keywords=Tibetan+Book+of+Living+%26+Dying&amp;qid=1632482976&amp;s=digital-text&amp;sr=1-1</a></p>

## Videos

Short videos are very powerful tool for expanding our conscious knowledge about the life and our awakening into the true essence.

Name/Brief description	Link
<p><b>Dr. Joe Dispenza</b> Dr. Joe Dispenza videos are quite impactful. His explanations of how body, mind and spirit work are a must watch.</p>	<p><b>Breaking A Habit of Being Yourself</b> <a href="https://youtu.be/6lbnrRqBjgE">https://youtu.be/6lbnrRqBjgE</a></p> <p><b>How to Unlock the Full Potential of Your Mind</b> <a href="https://youtu.be/La9oLLoI5Rc">https://youtu.be/La9oLLoI5Rc</a></p>
<p><b>Hans Wilhelm</b> Mr. Wilhelm has done an incredible job in presenting fundamental spiritual concepts in incredibly simple ways. His videos are truly eye opening.</p>	<p><b>A Path To Freedom</b> <a href="https://youtu.be/pK8QJVDx-ms">https://youtu.be/pK8QJVDx-ms</a></p> <p><b>The Amazing Earth School</b> <a href="https://youtu.be/as2LBZhW9AU">https://youtu.be/as2LBZhW9AU</a></p> <p><b>How Karma Works</b> <a href="https://youtu.be/EA5HLuvZNek">https://youtu.be/EA5HLuvZNek</a></p> <p><b>Spirit, Soul &amp; Human Being</b> <a href="https://youtu.be/vXJnNp0cTgk">https://youtu.be/vXJnNp0cTgk</a></p> <p><b>Christ Spark</b> <a href="https://youtu.be/w7nBq4f5Sx0">https://youtu.be/w7nBq4f5Sx0</a></p>
<p><b>Sadhguru</b> Mr. Sadhguru is one of very influential mystics of our time. His videos are truly great. Through these videos Mr. Sadhguru shares deep truths about life and our being. Invaluable.</p>	<p><b>How To Unlock Inner Genius</b> <a href="https://youtu.be/5sXEjKW3bHc">https://youtu.be/5sXEjKW3bHc</a></p> <p><b>How To Handle Hard Times In Life?</b> <a href="https://youtu.be/4ZQkYSpmOdU">https://youtu.be/4ZQkYSpmOdU</a></p> <p><b>How to Make a Decision You Won't Regret Later</b> <a href="https://youtu.be/DXU_7TS8Kxk">https://youtu.be/DXU_7TS8Kxk</a></p>
<p><b>Mooji</b> Mooji is one of the modern mystics who has very unique humble style of sharing life wisdom and spiritual realizations.</p>	<p><b>Openness — The First Step in Spirituality</b> <a href="https://youtu.be/uHIWhqEyW-E">https://youtu.be/uHIWhqEyW-E</a></p> <p><b>What Is This Life About?</b> <a href="https://youtu.be/ekqzD-qmw24">https://youtu.be/ekqzD-qmw24</a></p> <p><b>Living Without Ego</b> <a href="https://youtu.be/tAHwjJzstlk">https://youtu.be/tAHwjJzstlk</a></p>

## Movies/Series

Movies and TV series are very impactful mediums to share knowledge, life experiences and realizations. Some of the movies I watched impacted my life deeply and profoundly. Here are some of the moving pictures which are well worth your time to review.

Movie/Series/Brief description	Links
<b>A.D. The Bible Continues</b>	<p>There are many movies created to bring us closer Jesus' life. Each move brings different perspective. But what made the biggest impact on me with this particular series was the ending of it, when Jesus appears to his disciples. Those images stayed deeply engraved in my mind. I hope you enjoy this artwork as much as I did.</p> <p><a href="https://www.amazon.com/D-Bible-Continues-Season/dp/B00V4JJ0E8">https://www.amazon.com/D-Bible-Continues-Season/dp/B00V4JJ0E8</a></p>
<b>Buddha</b>	<p>This TV series was on of the most impactful I ever watched. It presents life of Buddha and his enlightenment.</p> <p>The scene from 34<sup>th</sup> episode should be watched by every single person. In this episode Buddha encounters the Devil, overcomes his attacks and transformers dark energy into the light and love. Truly amazing.</p> <p><a href="https://www.youtube.com/watch?v=K6L-HN3b2Cs">https://www.youtube.com/watch?v=K6L-HN3b2Cs</a></p>
<b>Superhuman: The Invisible Made Visible</b>	<p>'The Invisible Made Visible' movie presents unique and powerful abilities of us humans. It clearly shows what we are capable of and our extra-sensory powers that seem to defy the laws of physics known to men today.</p> <p><a href="https://tubitv.com/movies/603983/superhuman-the-invisible-made-visible">https://tubitv.com/movies/603983/superhuman-the-invisible-made-visible</a></p>
<b>What The Bleep Do We Know!?</b>	<p>'What the Bleep Do We Know!?' movie stretches our imagination in attempt to show us a whole another way of perceiving what we call reality. Our mind and our thoughts create reality, literally.</p> <p><a href="https://youtu.be/pCWvRI8G5s4">https://youtu.be/pCWvRI8G5s4</a></p>
<b>Yes Man</b>	<p>Yes Man movie I enjoyed watching very much so. Little did I know how mighty power is of that simple word 'Yes'. When you have some time, watch the movie, you will like it.</p> <p><a href="https://youtu.be/fifBy4N3-k">https://youtu.be/fifBy4N3-k</a></p>



## Guided Meditations

Guided meditations were the way how I got involved into the concept of calming my mind. Word meditation was somehow always mystical to me. But through guided motivations I realized that this is not all that complicated. It is all about quieting our mind, connecting with our body and getting into the state of peace and calm. And when we are in that state, we are actually back at home, at our very own the most natural state. And when we are in that state of Inner Divine Peace, there is no limit to what we can create and achieve.

### **A True Life Guided Meditations**

A True Life Guided Mediations are integral part of Divine Guidance book. These meditations are designed in such a way to initiate positive transformation of energies in your life. These guided meditations support your transformation in truly fulfilled and purposeful life.

### **Inner Divine Peace Guided Meditation**

Awakened and strengthen the most powerful state of your being, Inner Divine Peace. And open the road to your new empowered life.

<https://store.atruelife.net/product/inner-divine-peace-the-mightiness-of-life-guided-meditation/>

### **Rejuvenated Body Guided Meditation**

Our body is our secret vessel, when in optimal healthy state there are no limits to what you can accomplish.

<https://store.atruelife.net/product/rejuvenated-body-pure-health-guided-meditation/>

### **My Parents Guided Meditation**

When we have fully integrated relationship with our parents, consciously and subconsciously, we can achieve anything in our life. This meditation is dedicated to that, making relationship with our parents harmonious & loving.

<https://store.atruelife.net/product/my-parents-my-support-and-life-guided-meditation/>

### **My Ancestors Guided Meditation**

The lives of our ancestors have a truly significant impact on us. When we have fully integrated relationships with our ancestors, consciously and subconsciously, we can achieve everything in our life. And we can successfully resolve any challenge we face in our life.

<https://store.atruelife.net/product/my-ancestor-my-strength-my-support-guided-meditation/>

### **Awakened Planet Guided Meditation**

Awakened Planet Guided Meditation brings beautiful revitalizing life energies into your own being.

<https://store.atruelife.net/product/awakened-planet-heavens-on-earth-guided-meditation/>

<p><b>Dr. Joe Dispenza</b> Dr. Joe’s meditations take us into another realm of existence where we reach our inner self and activate our inner abilities.</p>	<p><b>Changing Believes</b> <a href="https://drjoedispenza.com/products/changing-beliefs-and-perceptions-by-dr-joe-dispenza-meditation-download">https://drjoedispenza.com/products/changing-beliefs-and-perceptions-by-dr-joe-dispenza-meditation-download</a></p> <p><b>Changing Boxes</b> <a href="https://drjoedispenza.com/collections/new-habits-collection/products/changing-boxes-by-dr-joe-dispenza-meditation-download">https://drjoedispenza.com/collections/new-habits-collection/products/changing-boxes-by-dr-joe-dispenza-meditation-download</a></p> <p><b>Becoming Supernatural</b> <a href="https://youtu.be/cViZ5cOimw4">https://youtu.be/cViZ5cOimw4</a></p>
<p><b>Mai Ian Maurits</b> These are some of the most profound, simple yet powerful guided mediations.</p>	<p><b>Soul Calling – I Am That I Am</b> <a href="https://youtu.be/eURRbHBwm_w">https://youtu.be/eURRbHBwm_w</a></p> <p><b>Coming Home</b> <a href="https://youtu.be/APwXnZnwVI4">https://youtu.be/APwXnZnwVI4</a></p> <p><b>Activation – Remembrance</b> <a href="https://youtu.be/_C5U_Xijf_Q">https://youtu.be/_C5U_Xijf_Q</a></p>
<p><b>Shamanic Journey</b> In native tradition shamanic journeying has been part of their normal life. Through the connection with higher worlds and spirit guides they were getting precious information required to support their life. This is available to us today.</p>	<p><b>Guided Shamanic Journey to the Akashic Field: Connect With Your Spirit Guides</b> <a href="https://youtu.be/i9R2Y6UMbE0">https://youtu.be/i9R2Y6UMbE0</a></p>
<p><b>Brian Weiss</b> Mr. Brain Weiss has done a phenomenal work in area of past life regressions. His meditation takes us into the past lives to experience what is required to improve our lives today.</p>	<p><b>Past-Life Regression Session</b> <a href="https://youtu.be/qN1-i1azai8">https://youtu.be/qN1-i1azai8</a></p>

## Music

Music is frequency. And frequency is who we are. When listening calm, peaceful and music of nature sounds, my mind and my body finds its balance. Listening to great music has always been rejuvenating and reenergizing.

Title/Brief Description	Link/Source
<p><b>Mai Ian Maurits</b> Mai offers beautiful singing and connection with the Divine realms.</p>	<p><b>YouTube Channel</b> <a href="https://www.youtube.com/channel/UCtnrfpKiOa3gwPZ89wobkuQ">https://www.youtube.com/channel/UCtnrfpKiOa3gwPZ89wobkuQ</a></p> <p><b>Coming Home</b> <a href="https://youtu.be/APwXnZnwVl4">https://youtu.be/APwXnZnwVl4</a></p> <p><b>Step In Your Power</b> <a href="https://youtu.be/4ei0zNu-6HQ">https://youtu.be/4ei0zNu-6HQ</a></p> <p><b>Invoke Peace and Balance Into Your Life &amp; Body</b> <a href="https://youtu.be/idu9zirBJmo">https://youtu.be/idu9zirBJmo</a></p>
<p><b>Gregorian Chants</b> One of the most beautiful choir chants which relax our mind and our soul. When listening to this music we reach higher realm of existence.</p>	<p><b>Illumination, Peaceful Gregorian Chants</b> <a href="https://youtu.be/TWdSi0Xw4u0">https://youtu.be/TWdSi0Xw4u0</a></p> <p><b>Alleluia</b> <a href="https://youtu.be/58felQfawpU">https://youtu.be/58felQfawpU</a></p>
<p><b>Bora Dugic</b> Mr. Dugic created music which takes us onto the higher dimensions of our being. Truly heart touching.</p>	<p><b>A Momentum (Tren)</b> <a href="https://youtu.be/IOj1rmX6nDk">https://youtu.be/IOj1rmX6nDk</a></p> <p><b>Search for Eternal Beauty</b> <a href="https://youtu.be/k1WEj8INb-0">https://youtu.be/k1WEj8INb-0</a></p> <p><b>Lullaby</b> <a href="https://youtu.be/aQ3KewZWc6M">https://youtu.be/aQ3KewZWc6M</a></p>

## Healing Methodologies

We live in truly most exciting times. So many different energy work methodologies are becoming alive on our planet Earth. Through these works we are awakening our old knowledge. Our native abilities are surfacing up and getting activated again. In this section of the Resources document, I will provide you with information about some of these healing and spiritual methodologies.

Title/Brief description	Links
<p><b>Family Constellations</b> Family Constellations have been present throughout human history for quite some time. Bert Hellinger contributed the most to making this methodology accepted in the entire world.</p>	<p><b>Introduction to Family Constellations</b> <a href="https://youtu.be/pizGxPNefF8">https://youtu.be/pizGxPNefF8</a></p> <p><b>Systemic Family Constellations</b> <a href="https://youtu.be/JNj86cp3z24">https://youtu.be/JNj86cp3z24</a></p>
<p><b>Ho'oponopono</b> Ho'oponopono is Hawaiian spiritual way of living life. Simple yet profoundly impactful.</p>	<p><b>Dr. Hew Len Overview</b> <a href="https://youtu.be/OL972JihAmg">https://youtu.be/OL972JihAmg</a></p>
<p><b>Past Life Regression</b> Past Life Regression is one of the most impactful spiritual methodologies for healing the life. Dr. Brian Weiss has done significant work in this area. Have a look at his explanations.</p>	<p><b>Brian Weiss: What Does Past-Life Regression Teach Us About The Afterlife?</b> <a href="https://youtu.be/MqPNsj1we50">https://youtu.be/MqPNsj1we50</a></p>
<p><b>PSYCH-K</b> PSYCH-K methodology helped me immensely while writing the book 'Divine Guidance'. All my internal blocks and sabotages were transformed by this work.</p>	<p><b>Bruce Lipton's Introduction to PSYCH-K</b> <a href="https://youtu.be/6VDRqLNiSIQ">https://youtu.be/6VDRqLNiSIQ</a></p>
<p><b>Emotional Freedom Technique</b> Dawson Church has done phenomenal work to bring us EFT methodology. I tried it myself and it works. It works very well.</p>	<p><b>What is EFT? The Psychology Explained</b> <a href="https://youtu.be/UFUBtgVRmco">https://youtu.be/UFUBtgVRmco</a></p>