

Sea Magic



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Purification, regeneration, transformation ...the ocean has long been known for its extraordinary powers. Sandra Kynes invites you to explore the sea's mystical energies. This spiritual voyage can help you find balance in your life or guide you towards a "sea change" of your own. "Sea Magic" is for everyone. You don't have to live on the coast or follow any specific spiritual path to tap into the unique energy of the ocean. Kynes offers meditations and exercises to help you centre yourself, explore emotions, and find your place in the vast web of life. Dive into inner worlds of imagination and creativity. Choose a sea fetch (totem animal) to take you on a shamanic journey. Build an altar to focus your intentions and learn the rhythms of the moon. From working with sea deities to divining with seashells, "Sea Magic" offers ample ways to enhance your life and open up to divine guidance.

作者介绍:

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