



# Sacred Choices: Thinking Outside the Tribe to Heal Your Spirit

*Christel Nani*

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## **Sacred Choices: Thinking Outside the Tribe to Heal Your Spirit** Christel Nani

When you are making a decision, do you feel torn between what you are supposed to do and what you would like to do? Do you feel unable to live a fully spontaneous and authentic life? Are you troubled that some of the things you do conflict with your intuition or inner knowing? Have you wondered why your positive affirmations aren't coming true? In general, do you feel stuck or frustrated with the way things are?

If so, you may be experiencing a conflict between your evolving spirit and your tribal beliefs. Tribal beliefs are a set of unwritten rules that are passed down to us from our families and other cultural, religious, or social organizations about the way life works, what defines a good person, and how we should live our lives. Unfortunately, some tribal beliefs can limit our intuitive choices causing dissatisfaction, anxiety, fatigue, depression, and eventually physical illness.

In this warm, engaging, and inspirational work of personal renewal, Christel Nani guides you to listen to your inner “knowing,” the always wise and honest voice of your spirit that will illuminate the specific tribal beliefs that are standing in the way of your success, happiness, and healing. Based on a program that has helped thousands of people transform their lives, Nani shows you how to creatively rewrite your tribal beliefs in areas such as work, marriage, health, and success in a way that harmonizes with your own spirit, talents, secret wishes, and individuality. Best of all, you will be astonished at how easy it is to accomplish such a personal transformation and how quickly you will be healed and liberated from a sense of burden and guilt that you probably believed would be with you for a lifetime.

The decision to break free of your limiting beliefs and live the life you were meant to live is truly a sacred choice. With this joyous and enlightening book as your guide, you have the power to make that happen—starting today.

*From the Hardcover edition.*

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