



The Toltec Path of Transformation: Embracing the Four Elements of Change

Heather Ash Amara

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Heather Ash shares heartfelt shamanic wisdom on how to live a centred life, even in the midst of change.

Those interested in transforming their lives and consciously manifesting what they truly desire (whether it is enlightenment, living to our true potential or even doing better in school), must learn to live in balance with the four elements that are the foundation of life - air, earth, water and the sun.

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