



Your Inner Gold: Transform Your Life and Discover Your Soul's Purpose

Nanci Shanderá PhD

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Transform life's challenges into the gold of pure consciousness

Heal your outdated attitudes, habits, and fears. Find purpose in this lifetime. Discover the seven stages of the ancient art of alchemy, and transform your consciousness in positive, life-affirming ways. Overcoming the inner blocks that hold you back from spiritual growth is one of life's most important tasks. *Your Inner Gold* is a step-by-step guide to personal evolution, showing you how to:

- Transmute the ego's control
- Reclaim emotion and intuition
- Discover discernment and wisdom
- Open the heart by balancing the inner masculine and feminine
- Integrate your lower and higher levels of consciousness
- Distill and develop the pure essence of your true self
- Release yourself into a new consciousness of wholeness

Providing exercises, stories, and deep compassion, Dr. Nanci Shanderá gives you the tools to purify your consciousness and achieve unconditional self-acceptance.

"With wisdom, candor and great self-awareness, Dr. Nanci Shanderá writes beautifully of the importance of complete self-acceptance."

—Robert Schwartz, award-winning author of *Your Soul's Plan*

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