



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

*Nanci Shanderá PhD*

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

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**Your Inner Gold: Transform Your Life and Discover Your Soul's Purpose** Nanci Shanderá PhD

**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Heal your outdated attitudes, habits, and fears.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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