



Personal Power Through Awareness: A Guidebook for Sensitive People (Book II of the Earth Life Series)

Sanaya Roman

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An Internationally Bestselling Orin Book

This book is a national and internationally best-selling classic with a timeless message. It has been translated into over 24 languages.

Note: The revised eBook edition has been updated, however it is essentially the same as the printed edition in the information and teaching it contains.

Channel Sanaya Roman presents Personal Power Through Awareness, given to her by Orin, a wise and compassionate being of love and light. This wise and gentle spirit teacher offers a systematic course in sensing energy through this book.

Using these easy-to-follow processes, hundreds of thousands of people have learned to create immediate and profound changes in their relationships, self-image, and ability to love and feel loved. Other people's moods or negativity need no longer affect you. You can recognize when you have taken on other people's energies and easily release them.

Your sensitivity is a gift. You can learn to use it to send and receive telepathic messages, increase your intuitive abilities, and open to higher guidance. You can leave the denser energies, where things are often painful, and live in the higher energies where you can feel more loving, calm, and positive.

In this book, you will explore how to stay centered and balanced, know who you are, and increase the positive energy around you. Chapters include guidance about sensing energy, such as how to sense your own energy, other people's energy, and the energy in your home and environment. You will learn how to sense and direct the unseen energy around you that may be affecting you.

You will explore how to be aware of the affect other people's energy is having on you, and learn to stay neutral. You will discover more about how to create a healing connection with others, knowing how much to give and how much to receive.

You will discover more about who you are and strengthen your commitment to yourself and your path. You will discover more about when to pay attention to your own needs and when to be selfless. You can learn to let go of feeling responsible for everyone's happiness!

You will also learn to become aware of what is in your unconscious mind, bringing any limiting beliefs and thoughts into your awareness so you can release them. You can love who you are right now, not who you or other people think you should be.

Orin assists you in opening your intuition, listening to it, and taking action on it. You will look at the role of the mind, your inner dialog, and how to raise your vibration.

You will learn about how telepathy works. You cannot know what you are picking up telepathically until you know your own energy, so you will learn how to better recognize your own energy. You can gain control over telepathic messages that come into your mind from others, and choose which ones to pay attention to.

You will explore how to receive guidance, light, and energy from the beings of light, your soul, and the Masters and guides. They are always offering you love, guidance, and energy; all you need do is ask for it and be open to receive it.

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Jorge Raines:

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Paige Robinson:

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Anne Simons:

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