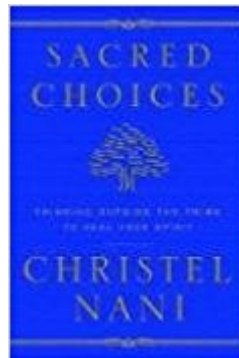




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# Sacred Choices: Thinking Outside The Tribe To Heal Your Spirit



## Synopsis

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.

## Book Information

Hardcover: 336 pages

Publisher: Crown Archetype (November 7, 2006)

Language: English

ISBN-10: 0307341658

ISBN-13: 978-0307341655

Product Dimensions: 5.9 x 1.2 x 8.6 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.6 out of 5 stars 41 customer reviews

Best Sellers Rank: #511,762 in Books (See Top 100 in Books) #105 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #1028 in Books > Health, Fitness & Dieting >

## Customer Reviews

“A powerful new approach to tackling the tribal beliefs that limit our potential. Christel Nani is an inspiring and compelling voice with unique insight and approaches for achieving physical, emotional, and spiritual well-being.” —Deepak Chopra, author of *Life After Death: The Burden of Proof*

CHRISTEL NANI, R.N., is a Medical Intuitive who has worked for sixteen years as an E.R. and trauma nurse in New York City's busiest hospitals. Since devoting herself to medical intuition, she has performed readings for thousands of clients. Christel speaks and teaches nationally and in Europe on the principles of Spiritual Responsibility and intuition and their role in creating health and happiness in our lives. She is the founder of the Center for Spiritual Responsibility in Encinitas, California, where she lives.

This book is amazing! We have read this book aloud as husband and wife to change ourselves. It has been almost a month and we are seeing small changes taking place within our lives! At times we were struggling with staying with the concepts, but determined to improve our path we made an even stronger effort to continue. We are very glad we did!!! After 40 years of marriage (Yes 40 plus!) we felt we could improve our lives by looking at what we held as our basic beliefs. Wow! Sometimes it's not easy to change or even admit that you need to let a belief go. We all have some form of imprints in our makeup. This book helps by sharing great examples of some very common held beliefs. Like, you have to work hard to earn money, or Rich people are selfish.... so our mind thinks if we have any money we have to work HARD or if we did have any money we would be selfish. Whatever our concepts of people with money are, we keep ourselves from having money so we never become like those Rich People! Thank You Christel Nani for writing such an inspiring book. We are loving our new selves and our life together even more!

I am sure this is a book I will return to over and over again. It explains why repeating positive affirmations every morning may be a complete waste of time unless you understand how you have been programmed by your "tribe". It will also help you understand why you might not be able to attain your goals despite taking all the steps to reach them Great info!

Fantastic book. Love the way Christel writes, explains and demonstrates the topics. I have read many books but her books are definite must reads for anyone.

For years I have been on a quest to understand how someone as capable and well-intentioned as me could have such challenges living to my fullest potential. In Sacred Choices, I at last found the answer. This book is truly my Holy Grail. I've heard and read so frequently about "belief systems." But until Christel, no one ever showed me how to rewrite them. In addition, this book helped me identify belief systems I didn't even know I had. I feel like I have been given a magic key that just keeps clicking in me, unlocking the secrets to a better, more fulfilling life.

The item arrived exactly as described and on the date promised.

The content of the book is generally excellent, if a little formulaic. She would have done well to have it edited for grammar and mechanics. She does a good job of mixing personal stories with the "take-aways" for readers. She covers many of the family- and culture-based limiting beliefs.

I love this book. It is helping me to see how things I have believed could or are contributing to depression and poor health. I have come so far in my healing journey from healing the body perspective. Now I can heal my mind and spirit. I love it and highly recommend you read it!

Great stuff and easy to understand. Confirms what I was already discovering. Powerful for healing.

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