

# WE ARE THE CREATORS OF OUR OWN DESTINIES

*And So It Begins...* is a deep healing book that helps us to shape our destiny and swim *with* life's currents instead of battling continuously against them. It will take you on a journey of reflection and self-discovery, from the past to the present moment – to the now where your reality is created.

Dipping into this inspirational book that is so much more than a book, you will feel yourself interacting with Spirit as they guide you through all aspects of your busy life. They will help and support you in clearing all the clutter unconsciously accumulated through years of life's turmoil and stress. Connecting directly with your own guardian, you will recognise their patience, wisdom, strength and support, as they encourage and help you move on. Begin today...



**STEPHANIE J. KING** is widely known and recognised as a gifted spiritual healer, counsellor, life coach and healing medium, reiki master and teacher. She runs a weekly voluntary clinic, where members of the public come for healing, life coaching/counselling, or illness and addiction support. Stephanie is a member of HCASH (Home Counties Association of Spiritual Healers), ICHF (International Church & Healing Fellowship), as well as a member of The Reiki Association. She also gives monthly healing and mind/body support to local sufferers and carers within the Parkinson's Disease Society.

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ISBN 978-1-84850-006-8



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£9.99