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## Journey to the Heart of Forgiveness (Paperback)

By Mo Brady

Balboa Press, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Author and artist Mo Brady takes us along on her personal journey and shares the intimate details of her quest to heal her wounded spirit. The catalyst for her journey within is an emotional crisis involving grief from the passing of her younger sister-in-law from ovarian cancer. Through meditation and forgiveness, she connects to the deep reservoir of healing potential within each of us. Each gradual awakening prepares the way for a deeper transformation. Mo shares her experiences with energy therapies such as Reiki and CranialSacral and the emotional healing they facilitate. Access to past-life memories adds a new dimension and allows her the opportunity to forgive, and to be forgiven for, pain that is several lifetimes old. In the process, she reconnects to her strong inner core, where peace and joy reside. Mo shares her experiences in the hopes that it might inspire others to begin or continue their own healing journey.



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