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Energy Healing Made Simple Om Kitty's 8 Day Chakra Activation Journey: Bonus: Learn To Banish Your Doubts About 'Woo-Woo' And Stop Worrying What Others Think (The OM Kitty Series Book 1)





Synopsis

5 out of 5 stars ~ "I loved this book from start to finish." ~Melanie Dilday, Author, Buddha in a Red Dress
5 out of 5 stars ~ "Who doesn't need an OM Kitty? I love Om Kitty." • Erin Pearson, Author, Singer/Song Writer
"Whatâ€™s That You Say? Energy Healing May Cause Miracles? I donâ€™t Believe It!" •Wait! Itâ€™s true. But wanting to leap into bliss and follow your instinct is often thwarted because so many of us care far too much about the opinions of others. That includes times when we feel an urge to experience and learn deep spiritual practices. Often weâ€™re just too afraid people might think we are "bonkers." And letâ€™s face it; the majority of people simply donâ€™t understand the science behind the Spiritual Practice of Energy Healing. And itâ€™s all made so easy thanks to OM Kitty. This wise and witty, sassy and irreverent sage and mystic has you, your desires, and even your fears, fully covered, sharing ancient wisdom and deep spiritual techniques that can be learned in a fast and simple way. In fact, OM Kitty teaches this healing journey in as little as 10 minutes a day for 8 short days. This Winner of 4 Best Seller Banners is Book One in the OM Kitty Series for Spiritual Awakening With a Twist. More 5 Star reviews ~ "Thank You Om Kitty! I plan on sharing Om Kitty with many of my clients (and friends as well) who are intrigued by energy healing and spirituality but may be inhibited by being too "woo-woo" or judged by others." ~ Julie E. Cline, Certified Life Coach, Reiki Master & Guide.
"I have read a lot of books, and I find OM Kitty to be the easiest, most accessible, most delightful energy healing guide. [She] speaks with such delight, earnestness, simplicity, compassion, conciseness and clarity, I couldn't put it down and will be recommending this highly to friends." ~ Lauren Oujiri, M.A. Martha Beck Certified Life Coach, Writer, Speaker, Reiki Master
"I love the witty way OM Kitty speaks her truth. Kudos to Sarah Saint-Laurent and OM Kitty for coming into my life during major upheavals, health issues, and severe anxiety. Thank you for reminding me that my healing and life matters." • RoseAnn Acosta
In this book you will learn how to: Use this simple energy healing process, the easiest method for baby-stepping into your happiest life. Fine-tune your "frequency" and raise your energy vibration ushering in a deeper level of peace, serenity, and joy. Follow your heart and rest assured that the "tugging" you feel that there must be more is not a figment of an irrational, renegade mind but instead a golden thread pulling you homeward. Best of all, learn why you must stop worrying what others may think and how to do it. In less than 10 minutes a day you will learn to release and heal your energy and strengthen your internal guidance system. As a bonus, you will walk away with the clear understanding that no one else's opinion actually matters! Woot! Welcome to the World of

OM Kitty and Spiritual Awakening With a Twist and The OM Kitty Book Series. *Bonus inside â “ Be sure to grab the Free OM Kittyâ™s Awesome Kit-and-Caboodles Bonus Gift Package. Just go back to the top and download now!

Book Information

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Customer Reviews

The OM Kitty cracked me up while at the same time addressing the necessary topic of energy healing in the body. I'd recommend this book for anyone who wants to better understand energy in the body in a powerful and playful way. As a human who has grown up with deeply Christian values and beliefs, I found this read to explain the chakras in a way that didn't feel intimidating to my own beliefs, but natural to them. I practice a lot of yoga, believe in kinesiology, and have first hand experienced the differences in my body as I've experienced a lifetime of stomach issues and sickness. Yet, I've never quite understood the chakras and what they each really do. And I've sort of felt afraid of them... like are they evil or something? (no....those worries are myths based in fear).The illustrations inside the book were very powerful and clear, admittedly funny spoken from the perspective of a cat "the OM Kitty". The 8 day guidelines and explanations for the chakras were

succinct and clear. This book addresses the "woo woo" feelings we can have by talking about this subject matter head on in a playful OM Kitty sort of way which made me feel comfortable. But as the book says, what happens when "the woo woo rings true?" We began by taking a look at the stories we hold onto about ourselves that fuel our limiting beliefs and prevent us from healing. We then took a look at each chakra and what specifically they are responsible in the body. After a little reflection time, we learned practical, quick exercises for releasing them that can be done in a 15 minute meditation. What a nice find. Simple. Clear. Funny. And Powerful.

I adore the choice of Om Kitty as the teacher because it feels light and easy to learn from a kitty!! LOVE that the author addresses the societal nervousness that surrounds the metaphysical world!! greatly value the "Letting go of limiting Rules" what the author calls "Crules". I believe that the more we as individuals see these truths the better off we'll be as a society. If you're not sure how you feel about energy healing, this book and Om Kitty will be your new BFF!

Dearest Om Kitty, Do I know you? Have we met? Your past life of self-doubt, and feelings of being rejected if you allow your true self to shine, speak to my heart. Oh wait, you and I are one and the same - we are connected by the loving energies of the Universe. We are a part of each other! You, however, learned to speak a truth most of us humans have not learned to accept: the truth that the opinions of others are just that...opinions, and should never stop us from being or becoming our true selves; our marvelous, miraculous selves living our full potential. Thank you! Love, Kate Sarah Saint-Laurent brings the miraculous healing techniques of using our chakra energy into an easy to understand format. That she has de-mystified this tool and given us permission to use whatever "woo-woo" spiritual methods work for each one of us as we choose to transform our lives into something deeper and more meaningful is perhaps her greatest gift. We are all blessed to have this remarkable, clear and concise blueprint on learning to heal through knowledge and clearing of the energy chakras. And I know that Ms Saint-Laurent, and her guide Om-Kitty, will be bringing more clarity as they help us to learn and live better through other methods of energy healing in books to come!

What a delightful way to cover what has been considered a bit of an "out there" topic that people assume only hippies and freaks are interested in. The author obviously isn't a hippy - have you seen her photo? She looks like she belongs on some classy magazine cover. She also writes with great heart and wisdom and does this through the voice of a kitty - but not just

any Kitty, this is Om Kitty. Difficult to understand ideas delightfully and easily explained through the voice of a very special feline. Don't be fooled into thinking this is 'just' a quirky book, there are real healing practices in these pages. I loved this book from start to finish.

"Energy Healing Made Simple - Om Kitty's 8 Day Chakra Activation Journey" is the first book in 'The OM Kitty series of books' by Sarah Saint-Laurent. Essentially this is a book about energy healing as told from the perspective of OM Kitty, about how it can transform your life from one of fear based thoughts to a place of clarity and peace which is what so many of us are craving in this busy physical world in which we live. The book is divided into three parts - Part one deals with The WHY of energy healing, Part two, The HOW of energy healing and Part three gives you a simple, easy to follow eight-day journey into energy healing and chakra activation. Too often we try to do things on our own rather than embrace the "perfect love" that is us and which is waiting to assist us to be all that we came here to be. If you've tried everything else previously and if what you've tried has felt like hard work then quite obviously you have not yet accessed the greatness within you. This book will guide you to do so regardless of who you are and however much you think you have been abandoned to figure life out on your own. Energy healing is as Saint Lauren points out nothing more than being present with your mind, soul and body. This may sound like woo-woo but there are also some very practical tools and suggestions we can incorporate into our practice to keep things real too. Things like keeping an energy journal, creating a Divine space, creating a Ritual, using music, crystals and using incense are all very useful. The book covers the seven primary energetic centers of the Chakra system, regarded as the framework for energy healing therapy.

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