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Soaring - A Teen's Guide to Spirit and Spirituality

Deneen Vukelic

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Soaring - A Teen's Guide to Spirit and Spirituality Deneen Vukelic
This is a **teen's guide to spirituality** written specifically with teens in mind. It's an introduction to many basic areas and concepts on spirituality. Examples and explanations within the book are written from a teen's perspective and life stage and not that of an adult. That being said, parents and adults will benefit from the wisdom explained in the book as well. *Soaring - A Teen's Guide to Spirit and Spirituality* covers everything including:

- A beautiful interpretation of God
- Importance of love, gratitude and forgiveness
- What and where our energy centers and spiritual bodies are
- Who your Guardian Angel is
- Who the Archangels are
- How to stop negative self-talk
- Caring and valuing yourself to want the very best for you
- Dealing with negative people, negative energies and negative environments and transforming them towards the positive
- What our Divine Plan and Divine Purpose are here on earth
- How to care for our bodies by eating well, meditating, and taking advantage of natural healing means

and much more.
There are very few books written specifically for teens and this book covers all of the basics while teaching teens and young adults the **importance of self-love, self-care, how to be yourself no matter what in the face of peer pressure and social media bullying. Everything that's written in this book has been guided with love and support from above and will empower young adult readers to be themselves, speak their truth and live a life of harmony and happiness.**
This book is a reference guide with plenty of tools, exercises and guidance that are easy to apply and will have powerful benefits. Included in the back of the book are a few meditation scripts that readers can record and try out on their own.
This book has plenty of information to keep the reader returning to it for reinforcement, in order stay on track once their journey has begun.

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