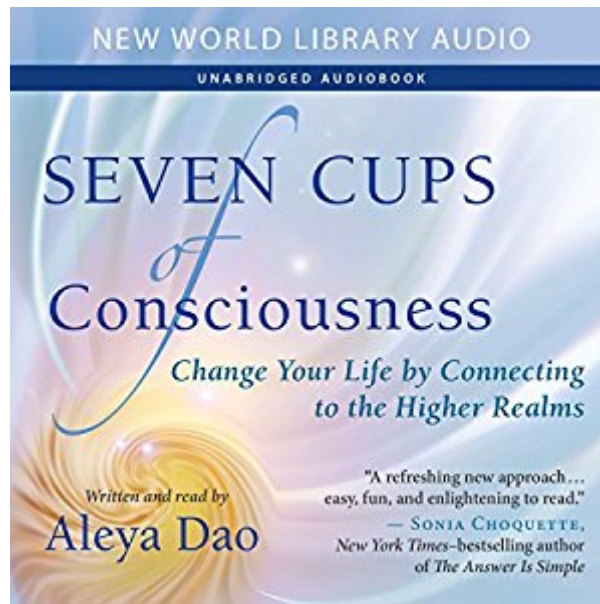


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# Seven Cups Of Consciousness: Change Your Life By Connecting To The Higher Realms



## Synopsis

Knowing that you are "a spiritual being having a human experience" is eye opening and inspiring, but can it tangibly transform your life? Pioneering healer Aleya Dao does more than say yes to this question - she shows you how, with stories and practices that are as potent and fresh as a morning cup of coffee or tea. By turning to your inner world, you can work with the limitless energies that create your outer world, making strides you never thought possible. With the help of your higher self, your angelic support team, and the challenges you encounter every day, you will discover a whole new experience of empowerment, purpose, and joy.

## Book Information

Audible Audio Edition

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> Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## Customer Reviews

I have hoped Aleya would write a book about her work for many years now. I have really been able to grow with her daily cups meditations. This book is life changing for me. I have never been one to read a lot of new age books as so many are fluffy or too hard to understand. I highly recommend this book. I have not been able to put it down since I got it and I am already able to use the tools she gives to improve my life.

I was reading and was so moved, tears were in my eyes. Before I had bought my copy and for sure before I held it in my hands to read it (because I read the free section via kindle) I had the thought of, "I have known Aleya for over 10 years, worked with her nearly as long, have been listening to the daily cups for almost 5 years, is this book going to be that effective?" YES! I am getting energy whacks! It is one thing listening and repeating along to her daily cups of consciousness, it is quite

another to have the words in front of me so that I can SEE and SAY them. Oh, Aleya, my Dear, I am so grateful. Thank you so much. Once I finished writing this all out I was balling. It is good! My tears, my joy, this life, your book!

I love, love, love this book! It has changed my life! That may sound a little dramatic, but Aleya explains how to live your authentic life; how to be true to yourself and allow others to do the same. We are not alone. We have spiritual beings to help us along the path of life. Aleya talks about how our Higher Self is the go to being to ask for what we need and how to fulfill our desires. Aleya writes with such ease and fluidity that for sure you think she is talking just to you! You can relate to all of her stories because we all have similar ones. And Aleya's lessons are easy to follow. 7 Cups of Consciousness is a hard book to put down!

This is the kind of you book you buy and get a dozen copies for all your friends and family. It really helps you navigate emotional states with protocols that actually work. I think you'll find, as I did, that reading it feels like coming home to some deeply-held but hidden information you had all along, but had forgotten. I feel like it got conditioned out of us in family life, in school, and in our popular culture. I love this book and follow all of Aleya's beautiful music and meditations.

After listening to Aleya's (highly recommended) "Cups of Consciousness" for several years I expected this book to be good and it exceeds my high expectations. Clarity, compassion, and wisdom pulsate through every word. I cannot recommend this book enough for those intent on transforming their lives through deep vibrational healing. Aleya is remarkably gifted and - perhaps equally remarkably - shares her gifts so generously with her readers, listeners, and clients that one cannot help be moved. After reading at least a hundred books on self-development over the years this is the first that has inspired me to write a review. Thank you, Aleya.

Very well written, easy to understand. I really enjoyed the story's she used to help the reader understand the concepts. I also loved how she took me on a journey by reminding me to use my imagination. The big message for me was if I connect with myself everything else falls into place. Yes!! Looking forward to exploring the website and meditations that go along with the book... She gives so many resources and room to use your imagination the way that feels right for you.

Aleya Dao's perspective is like no other...It's insightful, caring, brilliant and practical, all at the same

time. This book is a road map, a "must read" for anyone with the desire to look at their own life on all levels from a " Higher View." Pearls of wisdom are found on every page, in every paragraph. Treat yourself and read "Seven Cups of Consciousness: Change Your Life..."

I love Aleya's work, her tall cups and conscious conversations... This is an amazing book that can teach us to do our protocols and work on ourselves our loved ones, to overcome frustration at work etc. I just wished that this book is translated fast into the Spanish language so I can introduce it to my family in Mexico. this book is wonderful. GREAT JOB ALEYA!!!!!! BE PATIENTLY WAITING FOR MORE BOOKS!!!!

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