



# Mirror Therapy: A Spiritual Journey into Your Subconscious

By *Limor Zohar*

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Mirror therapy teaches how to delve into the inner wealth of self-healing powers. Using the physical reflection as a tool, this guide teaches the practitioner how to move into a state of trance and focus on the mirrors of the soul, releasing energetic blockages and renewing the natural flow of energy throughout the body and spirit. It includes a detailed description of the method and its various stages, practical applications of the method, and success stories from those who have used mirror therapy to access their personal potential, intuition, and knowledge of self.

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