



# Meditations for Every Day in the Year: Releasing Your Inner Truth-Day by Day

*James Allen*

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366 Daily Meditations. Meditation is more than a means to relax and release tension, it does more than allow you to see your own inner truth. It runs far deeper when you meditate in a way that is guided and structured. In this book James Allen leads us through an entire year of growth and inner exploration. A directed path through which the outer world becomes one that is in harmony with your own Truth. By following these daily meditations you will realise your life is in your own control and that when you bring the thoughts of the conscious mind into harmony with the thoughts of the unconscious mind, life becomes one of joy and abundance. You have more control than you thought and the key is within you to lead yourself to the future you deserve and truly desire.

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