



Stand Like Mountain Flow Like Water

Luke Seaward

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Once thought to be a symptom of illness, stress is now best defined as a disconnection from our divine source. Times of stress may bring feelings of panic and mayhem, but when we call upon our inner resources, stress also provides the opportunity for spiritual growth.

Ageless wisdom suggests that achieving spiritual growth requires balance; to stand secure and grounded like a mountain, but to flow like water. This book reveals how we can achieve balance and peace in our lives.

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