



The Five-Minute Miracle: Discover the Personal Healing Symbols that Will Solve All Your Problems

Tara Springett

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The basics of *The Five-Minute Miracle* came to Tara Springett, a psychotherapist, in meditation one day. The system is a pleasurable self-help method that is designed to overcome all sorts of psychological problems, as well as easing chronic pain and tiredness. The method only takes five minutes each day and is so simple that it can be used by anyone, anywhere, even by children. A synthesis of Tibetan Buddhist principles and humanistic psychology, the core of the practice is to make contact with our Higher Consciousness (in whatever form we perceive it) and receive a healing symbol to overcome our problems. This symbol will be visualized (or sensed) in our heart, radiating loving light to ourselves and to everyone who is involved in the problem. It's a system that can be used over and over again — for a new problem, ask for a new symbol. This system, which the author calls Higher Consciousness Healing, has brought extremely impressive and reliable results — within days or a few weeks of beginning the practice — to hundreds of individuals and families. Now everyone can learn and practice these principles through this extraordinary and miraculous book.

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