



# **Awaken To Your Soul: A Guide to Remembering Who You Really Are**

*Mary Anderson PhD*

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## **Awaken To Your Soul: A Guide to Remembering Who You Really Are** Mary Anderson PhD

One May morning several years ago, Dr. Mary Anderson was visited by an angelic being and a spirit guide who called her to her life's work as a mystic. In her captivating spiritual memoir, Dr. Anderson shares the details of her personal healing journey following her awakening that beautiful spring morning. Her world was forever changed in the instant when her vision and hearing expanded to the other side. As a seasoned intuitive and psychotherapist, she has helped hundreds of clients on their own journeys to remembering their true selves, and offers a high level of clarity and wisdom to guide others in their own healing process. She explains new theories using personal anecdotes, detailed explanations, questions, and exercises in order to promote healing and to clarify the rich, poignant messages from Spirit. Included is a map of the chakra system to facilitate a step-by-step progression into discovering the true essence of a soul. Awaken To Your Soul invites all individuals on a journey through life to seek the signs from Spirit and determine an authentic path that will ultimately bring happiness, healing, and peace.

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