



# **The 5 Essential Keys to Inspired Living: A Modern Day Guide to Establishing Alignment, Energy, Clarity and Wisdom**

*Michael Hetherington*

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## Get Established on the path of Clarity, Energy and Heightened Intelligence

This book will show you how to align with an infinitely powerful and benevolent force that will bring you out of struggle, and into a world of clarity, creativity and abundance.

The aim of this book is to provide you the necessary ingredients for living an inspired life. How this book differs to many of the other books written about similar subjects is that this book does not focus on another set of psychological strategies and frameworks, but rather is aimed more directly at working with and acknowledging the human energy field and how it influences our thinking and behavior. The aim is to become more familiar and more sensitive to the energy field itself, and learn how to listen to it and even shift it to help support us to live in a more inspired way.

In this book you will learn about:

- **The human energy field and how it influences our thoughts and actions**
- **How to align with wholesome actions for sustainable living**
- **How to activate dormant, potential energy**
- **How to plug into your body's innate intelligence**
- **The art of focus and concentration**
- **A new approach to education and learning**
- **Getting out of the rat race for good**
- **Harnessing greater forces to work with you**
- **How to work and live smarter, not harder**
- **And more...**

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