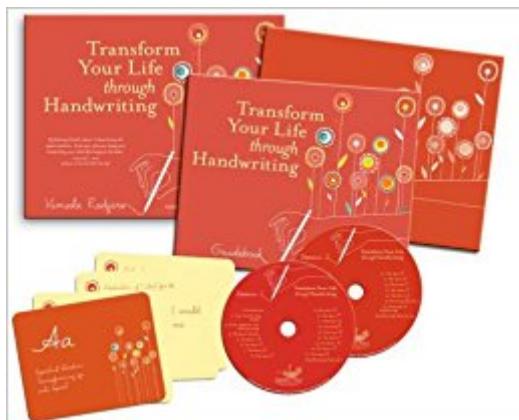


The book was found

Transform Your Life Through Handwriting



Synopsis

Can you change your life just by changing your handwriting? While graphologists have long known that the psyche expresses its deepest truths through the pen, Vimala Rodgers has discovered that line of communication works both ways. Her revolutionary work shows that you can "reprogram" your subconscious by making purposeful shifts in your handwriting. With *Transform Your Life Through Handwriting*, Rodgers presents a complete course for igniting practical, lasting changes in your life with nothing more than a pen and paper. This comprehensive training program includes: Two audio sessions with guidelines for writing practice, explorations of the deeper meaning in every letter, and inspiring success stories * A 102-page illustrated workbook with step-by-step instructions and exercises for self-exploration through handwriting, the meaning behind different writing styles, and much more * Twenty-six quick reference cards for working with each letter in a 40-day cycle, including the "soul quality" of each letter * An 86-page blank journal for your writing practice * Writing a single page a day for 40 days is all it takes to alter even the most ingrained handwriting patterns-and to invite profound changes to unfold in your life. Vimala Rodgers has helped thousands of people experience personal empowerment, spiritual growth, and spontaneous healing. *Transform Your Life Through Handwriting* is a unique, easy-to-use kit with everything you need to begin your own transformative journey.

Book Information

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Customer Reviews

Vimala Rodgers has developed alphabetical patterns based on "sacred technology of the ages" and shares them in *Transform Your Life Through Handwriting*: a kit with two CDs, a guidebook, a blank

journal and 26 cards. Simply put, the author guides readers and listeners to adopt handwriting patterns that bring their hidden talents, abilities, and dreams to life."Writing patterns are a graphic image of how your subconscious mind interprets the world and your place in it. As you adopt new letter shapes, you are telling your mind how to think--for perhaps the first time in your life," says Rodgers. With an interest in handwriting from early childhood, Rodgers has studied Latin, Sanskrit, history, philosophy, and psychology while holding a vision of a career for herself that involves "the transformational power of the letters." "Each stroke of the pen makes a statement--not about who you are, but about who you say you are, i.e., your self-image," she writes. I've just pulled a card from the Transform Your Life through Handwriting deck, in my left hand, as Vimala Rodgers suggests on her CD, and asked: "What attitude do I need to bring into my life today?" The letter card I chose is U for open-mindedness. The back of the card reads: "I listen to others as though I know nothing." The guidebook offers me more information on the "soul quality" of the letter U. If I find it difficult to listen "to what others share, without offering contradictory feedback," I ought to start practicing this letter today. The letter U is part of the alphabetical family Rodgers calls the Family of Learning and Evaluating. Each letter of the alphabet is described in the guidebook with an element, gender, gemstone, animal and guardian protector.

The "Transform Your Life Through Handwriting" book and CD sets out to teach you to use the spiritual energy inherent in letters of the alphabet to direct your thoughts and improve yourself, your life, and your interactions with the world around you. It's beautifully packaged and comes with a guidebook and a CD to guide you in your meditation, a spiral-bound blank book for you to practice your handwriting in, a deck of 26 cards, one for each letter of the alphabet, with things about each letter for you to meditate on as you practice drawing the letter each day. You supply your favorite pen and a willingness to open your mind. I like the idea of this kit, even if I'm a little bewildered by some aspects of the practice. It all felt so foreign to me, to close my eyes, pick a card from the deck, then inhale and "pray" out loud the letter's intention as I exhale. Maybe that means that this particular aspect of the kit and the practice isn't for me, or it isn't for me yet. I think that people who are used to meditating in this particular way and who are really in tune with their spiritual selves will really get a lot out of this aspect of the kit. As for what I got out of my first 40 days with "Transform Your Life...", I think that using the intentional act of focusing on writing in the sense of picking up a pen and putting it to the paper and slowly drawing your letters and thinking intentionally about them as you do, is an excellent way to reconnect your hands to your thoughts. So much of our lives these days are so mindless. We type on our computers while watching TV, talking on the phone, and

eating a sandwich most of the time. The only time we ever hand-write anything anymore is when we're leaving a quick note or scribbling out a shopping or to-do list.

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