



# **You: A Spiritual Being on a Spiritual Journey: A New Paradigm for Living Life**

*Indira Dyal-Dominguez*

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# You: A Spiritual Being on a Spiritual Journey: A New Paradigm for Living Life

Indira Dyal-Dominguez

**You: A Spiritual Being on a Spiritual Journey: A New Paradigm for Living Life** Indira Dyal-Dominguez

*YOU: A Spiritual Being on a Spiritual Journey: A New Paradigm for Living Life* is a book about knowing yourself, not just as a Mind and a Body, but as an eternal spirit or Self, a vibration that is eternal. More importantly, this book is about being able to communicate with that eternal Self in a way that allows you to complete the journey you are here in this lifetime to fulfill. It teaches you how to Connect to the Self and how to use such connections to live a satisfying and fulfilling purpose-driven life.

*YOU: A Spiritual Being on a Spiritual Journey* will give you the ability to find personal answers to live a better and more fulfilling life. By distinguishing between the Mind and the Self, this book provides specific tools that anyone can use to access their intuitive Self. It also includes stories of others who have experienced a true connection to *Self* and how that has helped them to evolve in a variety of areas including in their relationships, careers, finances, health, and more.

Moving away from your current paradigm of the Mind to one that gives you a Connection to your Self, will feel as natural as breathing with Indira's techniques as your guide. And you will feel a level of peace you may never have thought possible.

*“As I began connecting to the Self within, a clear communication arose that through these four simple steps of Connect, Listen, Trust, and Act, anyone can live a life from a place that honors the journey their Self is here to unfold.”* –Indira Dyal-Dominguez, from the Introduction

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