

Download Eating In The Light Making The Switch To Vegetarianism On Your Spiritual Path

Get this from a library! Eating in the light : making the switch to vegetarianism on your spiritual path. [Doreen Virtue; Becky Prelitz] -- In this guide, you' ll learn how vegetarianism can elevate your energy, help you to become more psychic, and enhance your spiritual growth.Eating in the Light book. Read 10 reviews from the world's largest community for readers. Helps you learn the spiritual properties of different food and ... Read 10 reviews from the world's largest community for readers.Nice, rather small, book for those who already made up their minds to switch to vegetarianism. A pocket bible that reminds you of your devine origin, brings into focus that animals are worth not killing, and that a vegetarianism is a matter of an aware choice that can change your life for better. Right into the light.It isn't just the fat or carbohydrate content that counts when making dietary choices -- it's the "spiritual vibrational" quality of our foods and beverages that truly makes a difference in how we look and feel.