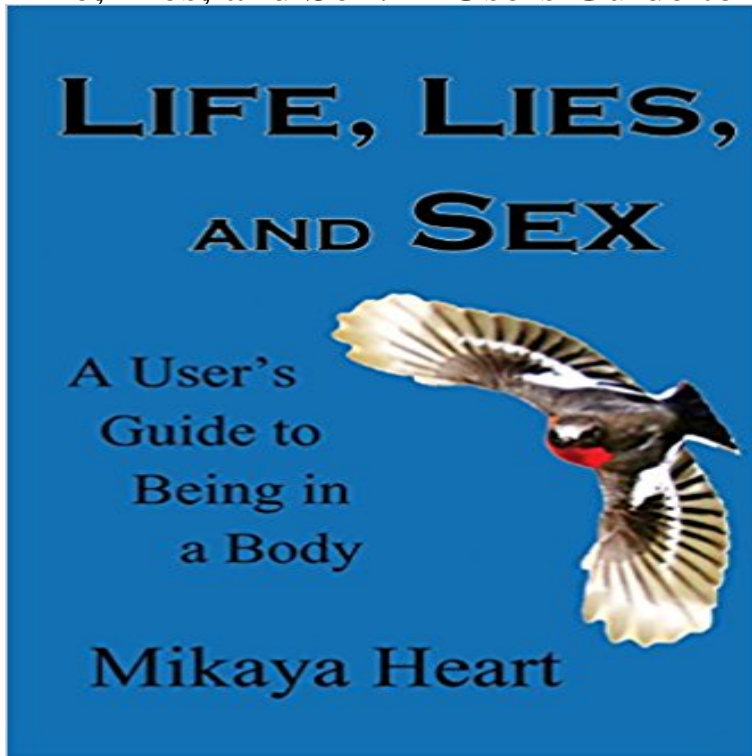


## Life, Lies, and Sex: A Users Guide to Being in a Body



Are you ready to wake up? Do you have the courage to be absolutely honest with yourself as well as with others? Do you want to become an expert in the art of manifestation? Allowing energy to move through us, which is what we can learn from sexual desire, is the basis of the art of being fully alive. Are you ready to take that on? Are you willing to embrace the magnificence of the formless consciousness that is creating you in this body right now? This is a book about love: how to develop unconditional love every moment of the day in every aspect of your life. Learn how to: ~operate from a place of trust instead of fear ~get in touch with the vast unseen reality that is all around us ~connect with your lifes purpose and your own original gifts ~divorce yourself from societys negative influences ~appreciate and delight in the experience of this physical world ~get what you choose and choose what you get, which is the art of manifestation. Mikaya Heart leaves no stone unturned as she explores what it means to live, feel, believe and pleasure in this human form. Life, Lies, and Sex is a courageous look at the big questions we all innately desire to ask. Sit back and enjoy as you take a personal journey of lifes handbook where you are sure to find a message written just for you. Jean Slatter, author of Hiring the Heavens.

Mikaya Heart has done it again. She has engaged a quantity of tricky, esoteric subjects (life, lies, and sex) and speaking from the Heart words of truth with brilliant, yet simple clarity, enables readers to embrace truths of their own. Dayana Jon Patterson, Senior Minister of Holistic Health, Matrix Energetics Practitioner, Laughter Yoga Teacher, and Spiritual Mentor.

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