



# If You Hear the Message Three Times, Listen

*Patricia Heller*

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Patricia Heller

## If You Hear the Message Three Times, Listen Patricia Heller

This is a book about listening. It's also about seeing, feeling, and sensing. When one learns the language the universe speaks, one can hear, see, feel, and sense the message and discover that everything happens in our lives for a reason.

Patricia Heller's journey of discovery can help anyone searching for answers. While overcoming a debilitating, supposedly incurable disease, Heller discovered:

- how to heal illness by finding what we repress from ourselves and the world;
- the meditations, tools, and encouragement to accept that it's never too late to live a magical life;
- the Four Insights for achieving even the most challenging of goals.

Heller says there is no "right" way to approach change, just as there is no right age, teacher, or doctrine. With laugh-out-loud anecdotes, she shows that while a transformational journey can be awe-inspiring and command reverence, a little irreverence now and then keeps things balanced. *If You Hear the Message Three Times, Listen* is a creative and empowering memoir certain to resonate with readers seeking real change in their life.

Our lives are guided by intuition, synchronicity, and coincidence. If we listen, we can hear messages that are always there helping us on our way.

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#### **Oliver Crites:**

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Might be reading a book might be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try look for book, may be the reserve untitled If You Hear the Message Three Times, Listen can be fine book to read. May be it might be best activity to you.

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