



# Bird of the Soul

*Ilchi Lee*

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## **Bird of the Soul** Ilchi Lee

In our busy, stressful modern lives, we sometimes become weighted down with frustration, loneliness, sadness, and resentment. Life's problems, hurtful experiences, and our negative thoughts and emotions can close our hearts to the loving voice of the soul within. It is time to heal these wounds. Bird of the Soul helps us embrace our true nature and fill the void in our lives with the tenderness and beauty of our inner child. This beautifully illustrated short story of a young man named Jay and his relationship with his soul, symbolized by a sweetly singing bird, will inspire and uplift you. Bird of the Soul is a precious gift to help you recapture your joy and learn to listen again to the voice of your soul. Includes a 21-day meditation journal.

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