



# Metanoia: A Course in Self-Development

*Dr Viktoria G Duda*

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# Metanoia: A Course in Self-Development

*Dr Viktoria G Duda*

## **Metanoia: A Course in Self-Development** Dr Viktoria G Duda

Metanoia is an advanced personal development course, created to give you tools to change your thoughts and feelings, so that they work for you and no longer against you. The Greek word "Metanoia" means "changing one's mind," referring to the alchemical power within us to change ourselves from within. In the first part, the course teaches visualisation techniques, in the second part gives you techniques to work through the main areas of your life, using the chakra system, and finally, in the third part, raises questions on the meaning of life and your own personal mission. This is the book to the course.

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