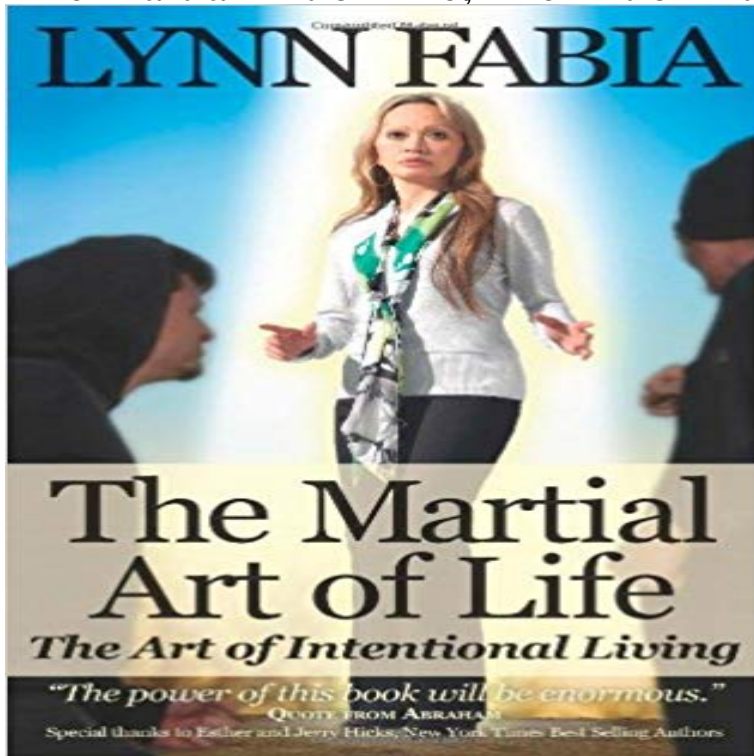


## The Martial Art of Life, The Art of Intentional Living



In the ground-breaking book, *The Martial Art of Life, The Art of Intentional Living*, Lynn Fabia reveals that life is an energetic flow, a process that needs to be understood. A technique will be shown that can be seen in the art of Aikido and all of life that can take you to a place in your mind and spirit that will change your life forever. As your level of understanding increases, you can create the life you are meant to have, through the process of self-actualization. Discover through a new level of understanding: When you are centered, you are always alive. Life is not happening to you, your life is created by you. Being in a high vibration allows you to process pain and releases the need for control. Resistance never works and redirection works 100% of the time. There are primarily two aspects to life, either creation or fear. The information presented in this book is about truth which is the invincible force, understanding, and seeing things beyond the normal. It is based on the teachings of high spiritual beings who speak to Lynn Fabia through a well known medium, Robert Caruso who is known for his integrity. Ms. Fabia has been availed the opportunity to learn some of the most powerful tools in mankind's interaction.

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