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Reclaim Your Freedom Archives Available February 20th 2018: How to show up authentically and live the life you were meant to

Have you ever felt like you are meant to be doing something other than you are now? If so, this is a must listen interview with Author, Kinesiologist Practitioner and Advanced Theta Healer, Bernadette OConnor as she shares her tips for how you can exchange the energy of your current negative emotional state to a positive one; transform fear into courage, hate into love and become the truly authentic person you are, living life on purpose.

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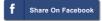


# Bernadette OConnor

Bernadette OConnor is an Author, Kinesiologist Practitioner and Advanced Theta Healer. With Irish heritage, she inherited her special gifts from her family but like most of us on this spiritual journey, played it safe, graduating with a degree in Exercise Physiology and post graduate qualifications in Work Health and Safety.

Read more

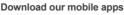
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