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The Essence of Being in Balance: Creating Habits to Match Your Desires (6 CD Set)

Dr. Wayne W. Dyer

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On this six-CD set, **Dr. Wayne W. Dyer** shows you how to restore balance in your life by offering nine principles for realigning your thoughts so that they correspond to your highest desires.

Imagine a balance scale with one end weighted down to the ground, and the other end—featuring the objects of your desires—sticking up precariously in the air. This scale is a measurement of your thoughts. To restore the same balance that characterizes everything in our universe, you have to take up the weighty thoughts so that they match up to your desires. In this live lecture, Wayne emphasizes that we're a vital component of this creative process and have within ourselves the wherewithal to create all that we want if we recognize and revise out-of-balance thoughts.

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