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Transform Your Life Through Handwriting



Synopsis

Can you change your life just by changing your handwriting? While graphologists have long known that the psyche expresses its deepest truths through the pen, Vimala Rodgers has discovered that line of communication works both ways. Her revolutionary work shows that you can "reprogram" your subconscious by making purposeful shifts in your handwriting. With *Transform Your Life Through Handwriting*, Rodgers presents a complete course for igniting practical, lasting changes in your life with nothing more than a pen and paper. This comprehensive training program includes:

- Two audio sessions with guidelines for writing practice, explorations of the deeper meaning in every letter, and inspiring success stories
- A 102-page illustrated workbook with step-by-step instructions and exercises for self-exploration through handwriting, the meaning behind different writing styles, and much more
- Twenty-six quick reference cards for working with each letter in a 40-day cycle, including the "soul quality" of each letter
- An 86-page blank journal for your writing practice

Writing a single page a day for 40 days is all it takes to alter even the most ingrained handwriting patterns-and to invite profound changes to unfold in your life. Vimala Rodgers has helped thousands of people experience personal empowerment, spiritual growth, and spontaneous healing. *Transform Your Life Through Handwriting* is a unique, easy-to-use kit with everything you need to begin your own transformative journey.

Book Information

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Customer Reviews

Vimala Rodgers has taken the ancient idea that letters of an alphabet contain the energy of living spirits and brought it into the modern world. She has created a practical system, Integral

Handwriting, for drawing letters in a specific and deliberate way in order to enhance the qualities that one wants to increase in his or her life. After a brief introduction explaining her system and how to use it, Rodgers takes us through each letter of the English alphabet individually, giving us its related soul quality, element, gender, gemstone, animal, and guardian protector (angel). She then tells us how to write the letter in a way that will enhance these attributes. The book is part of a beautifully designed kit which also contains two CDs, a flash card for each letter of the alphabet, and a blank journal with unlined paper. ("Unlined paper extends an open invitation to release hidden dreams that are yours alone and allows you to become more of who you really are, playing life at the highest level.") The flash cards contain both the soul quality that Rodgers associates with the letter and an affirmation intended to increase that quality. The author's vibrant personality comes through on every page. There is no excess of theory. We are given the basic facts and then told to start writing and see for ourselves what happens. Because of the visual appeal and unique content of this item, it will be a great present for people to buy for themselves, especially if the holiday season has them a little down in the dumps. I discourage you from displaying it with books on graphology or handwriting analysis. You will risk diminishing the excitement this package has the potential to create as a stand-alone. You might, however, want to consider a small sign that says, "NEW from Sounds True. -- New Age Retailer, January 18, 2010

Vimala Rodgers Vimala Rodgers is an educator, handwriting expert, and motivational speaker, as well as the director of The International Institute of Handwriting Studies in Sacramento, California. For more information, please visit her website at www.iihs.com.

My handwriting has changed over the years and not for the better. What used to be neat and legible turned into notes that I even have a hard time reading. The reviews from bloggers, and her website intrigued me, so I thought I'd give it a whirl. Although the idea is to focus on a letter or two for thirty days, I have been writing two to four letters a day, and spend about an hour on writing and reading associated meanings. I decided to use colored pens to reflect the element of the letter. It's amusing to see how my hand and brain get confused as it tries to decide whether to stick with the old or go with the new lettering. Overall, the process and the book has been quite enjoyable and I have found myself more mindful when I write in general.

I have enjoyed handwriting. I found this to be a great exercise for self improvement . I looked forward to each morning of doing my page of writing. I found it fun to learn new ways to write and I

continue to make the letters the way Vimala taught. I would shuffle the card and pick the letter of the day, the same way I use Doreen Virtue's angel cards. I found it amazing that the card that came to me each morning I really connected with and that lesson was really the one I needed..the angels knew what I needed to focus on.. and it never failed that letter would come up . Sometimes I would pick the same letter over and over for days..I believe it was till I finally figured it out and learned that lesson, then I could move on.

I bought her Cds and workbook many years ago and just changed the way I write a few letters and did notice is felt good writing that way. Recently, due to lots of challenges in my life, I chose to go through the entire CDs again as well as enroll as a student of Vimala in order to really give it my best. Under her guidance I am now practicing the writing for a half hour to hour per day. For the first couple weeks I did not notice much but now after about 3 weeks of diligently following her guidance and actually writing, I am noticing subtle yet very positive shifts in my life. I am happier, my work is going smoother, my relations and interactions with all people is warmer and more empathetic. I am more relaxed and am having more vivid dreams. The daily writing practices are now as important to me as my meditation practice, it is actually a type of meditation!

Beautiful Book and cards, informative CD's. I started to do the program, it's a daily commitment and quite a bit of writing, my hands go numb after I write too long, so I haven't been doing the program. Very interesting and I hope to commit again soon. After reading about the program I can see how it would affect your life in a positive way. Wonderful adventures await. I would recommend this product.

The most unique way to easily transform your life that TRULY works. This kit gives you a thorough and concise understanding of the way to write each letter differently, and the reasons behind. I can honestly say I now walk my talk, and even sleep better 100% following this new style of handwriting that is actually a global project for world peace. If you have been searching to be a better, kinder, more loving, creative, confident and successful person, this is the transformation you have been looking for.

Fantastic. I am really into this alphabet process; the results are amazing.

What an easy way to make some dramatic changes in your life! I started writing the letters in the

Vimala alphabet immediately and friends started noticing a difference in me. I was easier to get along with, wasn't as argumentative and started listening in a different way. When I started talking about changing my life by writing, I thought my friends would think I was crazy. Instead several looked back and noticed that when they changed their name by writing it differently major changes happened in their lives. Well it's happening for me too. So far I have found a more fulfilling job, have a relationship for the first time in more than ten years and am more comfortable with who I am. So grateful to have found this program - really worth it.

This is the best book I have ever ordered and she is my #1 favorite author of all time! I can't begin to say how much this book has supported my growth over the last 4 years when you follow the recommendations. I highly recommend it and I ordered this book for a friend as a gift because I bought my own copy 4 years ago. It was the best \$20.00 I have ever spent in my life!!!!

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