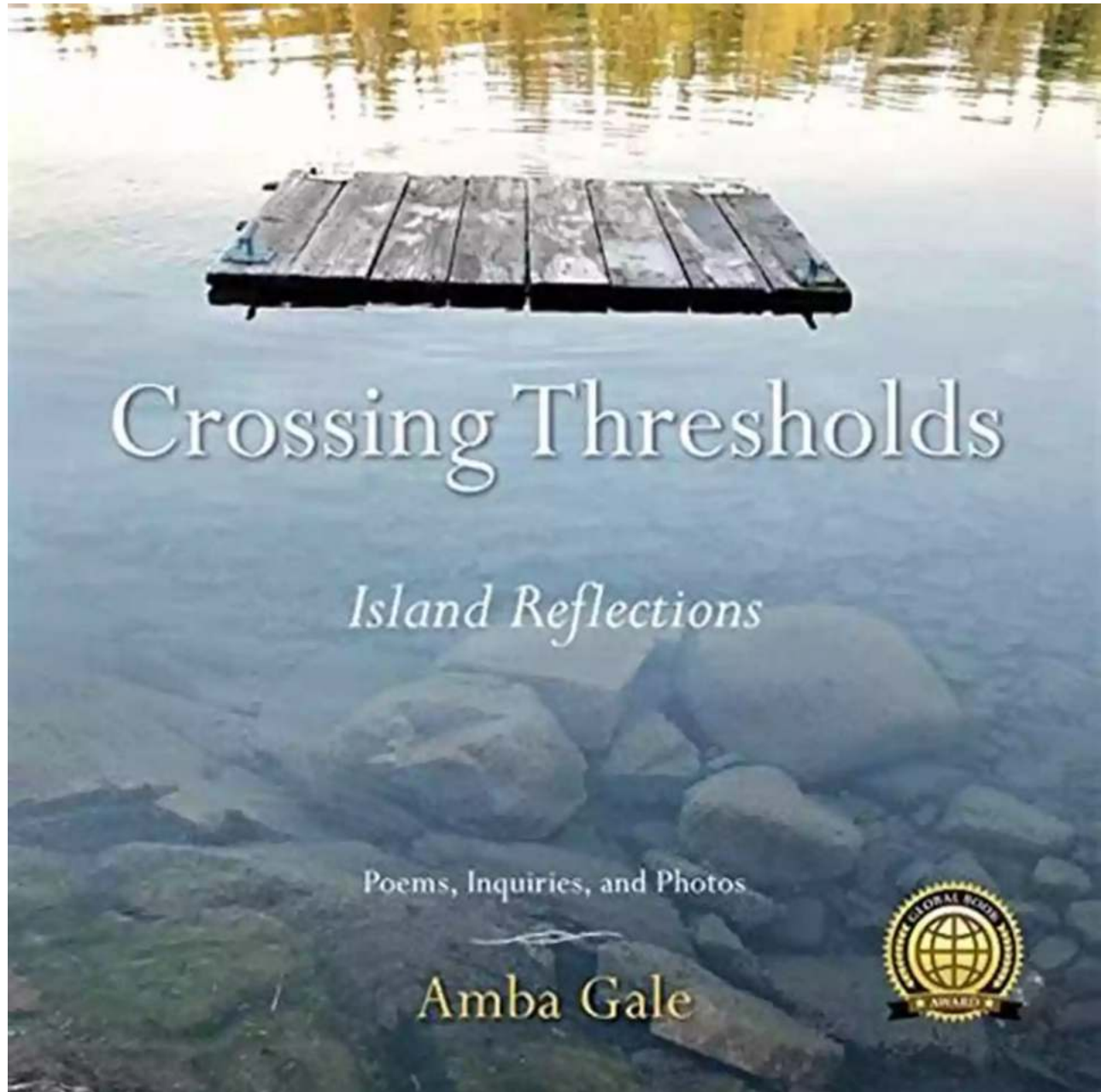
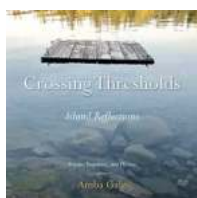


Crossing Thresholds Island Reflections Amba Gale - A Journey of Discovery



Have you ever dreamt of escaping the hustle and bustle of everyday life? Embarking on a journey that takes you far away from the mundane routine and immerses you in the beauty of nature?

Welcome to Crossing Thresholds Island Reflections Amba Gale, a captivating adventure that will take you on a transformative experience like no other. In this article, we will delve deep into the essence of this journey and explore how it can awaken your senses, rejuvenate your spirit, and leave a lasting impact on your life.



Crossing Thresholds: Island Reflections

by Amba Gale (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 203555 KB

Screen Reader : Supported

Print length : 186 pages

Lending : Enabled



Discovering the Island

Imagine setting foot on an idyllic island surrounded by crystal-clear turquoise waters, lush greenery, and pristine white sandy beaches. This is the magical place where Crossing Thresholds Island Reflections by Amba Gale unfolds.

As you step onto the island, you will immediately be greeted by the warm ocean breeze and the soothing sounds of nature. This secluded paradise offers a sanctuary where you can disconnect from the outside world and connect with your inner self.

During your stay, you will have the opportunity to explore the island's hidden treasures, from breathtaking landscapes to diverse wildlife. Embark

on thrilling hiking trails, kayak through winding rivers, and immerse yourself in the vibrant marine ecosystem while snorkeling in the crystal-clear waters.

A Journey of Reflection

More than just a vacation, Crossing Thresholds Island Reflections by Amba Gale is a profound journey of self-discovery and reflection. The peaceful setting of the island acts as a canvas for you to explore the depths of your soul, gain clarity, and unearth your true potential.

Through a series of guided meditations, yoga sessions, and personal reflections, Amba Gale - a renowned spiritual leader and guide - will help you navigate your inner landscape. Her wisdom and expertise in mindfulness and self-awareness will empower you to let go of negativity, embrace positive change, and develop a deeper understanding of yourself.

A Taste of Island Culture

Immerse yourself in the rich cultural tapestry of the island as you engage with the local community and experience their way of life. Indulge in traditional cuisine, participate in cooking classes, and witness captivating traditional performances.

Interact with local artisans and discover their unique crafts, from intricate woven tapestries to beautifully carved sculptures. Engaging with the local community will provide you with a deeper appreciation for their culture and an opportunity to leave a positive impact on their lives.

A Magical Sunset Retreat

As the day draws to a close, witness the spectacular colors of the setting sun casting a golden glow over the island. This is an opportune moment to

reflect on your journey, express gratitude for the experiences, and set intentions for the future.

At Crossing Thresholds Island Reflections by Amba Gale, every sunset is a reminder of the beauty and wisdom that lies within you. The transformative power of this retreat will continue to resonate long after you leave the island, inspiring you to lead a more fulfilling and purposeful life.

Crossing Thresholds Island Reflections by Amba Gale offers a unique opportunity to escape the ordinary and embark on a journey of self-discovery, cultural immersion, and transformation. This retreat is not just a vacation but a chance to reconnect with your inner self and embrace positive change.

So, if you are ready to take the plunge and embark on a journey that will leave a lasting impact on your life, join Crossing Thresholds Island Reflections by Amba Gale now. It's time to cross the threshold and start your adventure of a lifetime!



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FREE

DOWNLOAD E-BOOK



A Poetic, Photographic, and Practical Guide for Embracing Endings and Welcoming New Beginnings

*** Gold Medal Winner, Poetry - 2021 Global Book Awards ***

How do you shift your state of mind and state of being from anxiety and worry to delight and joy, from stress to well-being, from despair to appreciation, from resistance to acceptance, from exhaustion to wholeheartedness?

In challenging times, in particular, our happiness depends upon our making these shifts. Yet, how do we do that?

In *Crossing Thresholds*, *Island Reflections*, best-selling author, transformational coach, and founder of Gale Leadership Development, Amba Gale invites you to join her in connecting with nature and tapping into the silence inside, where deep lessons abound.

Amba's heartfelt poetry, breathtaking color photographs, and, what she calls "teaching questions," will guide you to embrace, and complete, the endings in your life and to create a new future —a future that brings you more fully alive.

Through prompts, exercises, journaling, and reflective questions, we enter into new pastures of living and being that provide a foundation for creating new futures, and a life worth living.

Discover how to:

- Create breakthroughs when things are falling apart

- Heal ourselves and others through forgiveness
- Have even our wounds be sources for compassion
- Invent new futures for ourselves and our lives
- Call upon the power of faith, and bring forth life-changing declarations, even when the ground shakes underneath.
- Generate pathways into living from appreciation, amazement, and wonder.
- Flourish in times of uncertainty

Diving into the pristine wilderness of Isle Royale National Park in Lake Superior, and taking a personal journey, in which she connected with nature, and re-invented her relationship with her now-adult daughter, Amba saw a missing bridge to a dock as a metaphor for making that crossing. She let go of her expectations for her daughter's future and now saw her as a resourceful adult, author, and shaper of her life. Following Amba's writing as a guide, we find that we, too, can create a vision and build a bridge, which allows for your new future to be fulfilled, learning all the way.

This book is for you if you ...

- Want to take an inner adventure of creating a shift in your life.
- Are longing for connecting with your own heart and inner wisdom as your guide.
- Wish to see the gifts in all of our life's circumstances.
- Are ready to open new territory in your life for re-inventing relationships, letting go of what no longer works, and stepping into new

ground for trusting in yourself and the world.

- Are open to cultivating your capacity for living in wonder, profound appreciation, and gratefulness.

Click the 'Look Inside' feature now to begin reading and embark on this unique journey of emotional healing.



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