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Higher Consciousness Healing by Tara Springett

Tara is a Buddhist teacher and therapist for kundalini syndrome and teaches highly efficient self-help tools. She has helped her clients and students to free themselves from their psychological problems and grow spiritually for nearly 30 years. Her methods are based on Buddhist teachings but nobody has to become a Buddhist to use them.

Tara Springett, Buddhist Teacher for Kundalini Syndrome

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Just completed my first 14 days on the Five Minute Miracle by Tara Springett. It has worked a miracle for me! I discovered this book on 2/8/17 while googling an unrelated subject and finding an article by Tara Springett titled Higher Consciousness Healing (which was actually the Five Minute Miracle's entire Introduction).

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