

Seven Cups of Consciousness: Change Your Life by Connecting to the Higher Realms

By Aleya Dao

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Discover the Power of Your Higher Self

Knowing that you are “a spiritual being having a human experience” is eye-opening and inspiring, but can it tangibly transform your life? Pioneering healer Aleya Dao does more than say yes to this question — she shows you how, with stories and practices that are as potent and fresh as a morning cup of coffee or tea. By turning to your inner world, you can work with the limitless energies that create your outer world, making strides you never thought possible. With the help of your Higher Self, your angelic support Team, and the challenges you encounter every day, you will discover a whole new experience of empowerment, purpose, and joy.

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Editorial Review

Review

“A refreshing new approach...easy, fun, and enlightening to read.”
— Sonia Choquette, *New York Times* bestselling author of *The Answer is Simple*

“Drink copiously from this cup of clarity, wisdom, and joyful energetic alignment that Aleya Dao offers to all who are thirsting to live from the Higher Self.”
— Michael Bernard Beckwith, author of *Life Visioning*

“*Seven Cups of Consciousness* is a book that inspires and empowers....If you are at all interested in changing your life using an alternative, higher-dimensional approach, this is a must-read.”
— Lynn Andrews, *New York Times*–bestselling author of the Medicine Woman series

“Aleya Dao cuts to the core of soul work with both simplicity and complexity: simplicity in how she delivers, and complexity in how she invites us to let go of what we have known. *Seven Cups of Consciousness* is highly recommended for deepening consciousness and connecting into greater divinity and wholeness.”
— Simran Singh, creator of *11:11* magazine and *11:11* talk radio and author of *Conversations with the Universe*

“When truth speaks, you just know it. That’s how you’ll feel reading Aleya Dao’s *Seven Cups of Consciousness*. Each ‘cup’ is an awakening to a greater aspect of who you really are and the magnificence of your divine self. Journey with Aleya and witness the perspective of your physical life shifting to a greater understanding of purpose and wondrous adventure.”
— Jean Slatter, author of *Hiring the Heavens*

About the Author

Aleya Dao opened the first alternative health clinic in Telluride, Colorado, and has an international healing practice through her online subscribers and students. She splits her time between her home in the Sierra Nevada foothills near Clovis, California, and Santa Barbara, California.

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