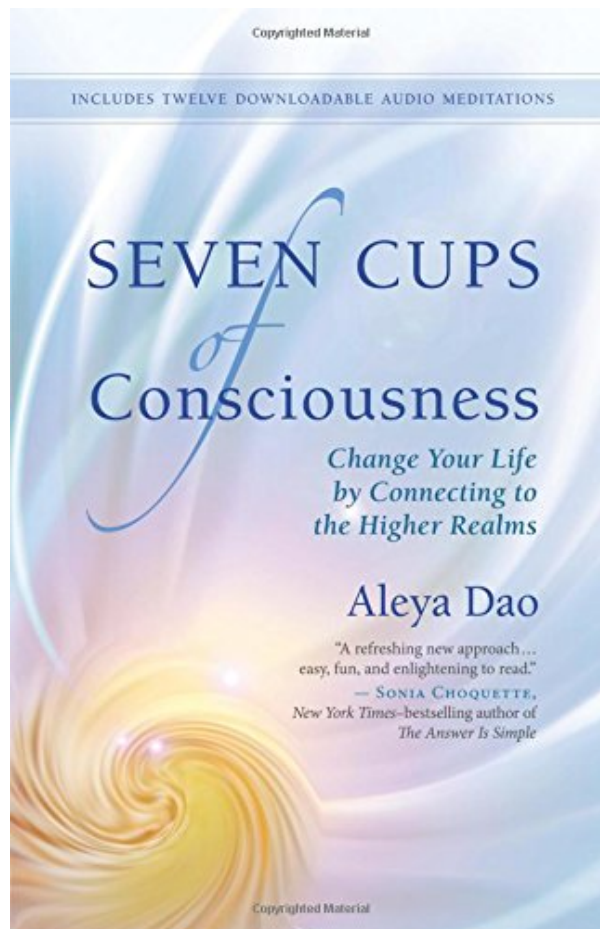


# SEVEN CUPS OF CONSCIOUSNESS: CHANGE YOUR LIFE BY CONNECTING TO THE HIGHER REALMS BY ALEYA DAO



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# SEVEN CUPS *of* Consciousness

*Change Your Life  
by Connecting to  
the Higher Realms*

Aleya Dao

"A refreshing new approach ...  
easy, fun, and enlightening to read."  
— SONIA CHOQUETTE,  
New York Times–bestselling author of  
*The Answer Is Simple*

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## 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.”

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“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.”

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“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.”

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## About the Author

Aleya Dao opened the first alternative health clinic in Telluride, Colorado, and has an international healing

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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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#### Most helpful customer reviews

19 of 20 people found the following review helpful.

I highly recommend this book

By Elizabeth Morris

I have hoped Aleya would write a book about her work for many years now. I have really been able to grow with her daily cups meditations. This book is life changing for me. I have never been one to read a lot of new age books as so many are fluffy or too hard to understand. I highly recommend this book. I have not been able to put it down since I got it and I am already able to use the tools she gives to improve my life.

12 of 12 people found the following review helpful.

Very easy to read and life changing!

By Cheryl Reyes

I was reading and was so moved, tears were in my eyes. Before I had bought my copy and for sure before I held it in my hands to read it (because I read the free section via kindle) I had the thought of, "I have known Aleya for over 10 years, worked with her nearly as long, have been listening to the daily cups for almost 5 years, is this book going to be that effective?"

YES! I am getting energy whacks! It is one thing listening and repeating along to her daily cups of consciousness, it is quite another to have the words in front of me so that I can SEE and SAY them.

Oh, Aleya, my Dear, I am so grateful. Thank you so much.

Once I finished writing this all out I was balling.

It is good! My tears, my joy, this life, your book!

12 of 12 people found the following review helpful.

Our Path to Joy!

By joan powell

I love, love, love this book! It has changed my life! That may sound a little dramatic, but Aleya explains how to live your authentic life; how to be true to yourself and allow others to do the same. We are not alone. We have spiritual beings to help us along the path of life. Aleya talks about how our Higher Self is the go to being to ask for what we need and how to fulfill our desires. Aleya writes with such ease and fluidity that for sure you think she is talking just to you! You can relate to all of her stories because we all have similar ones. And Aleya's lessons are easy to follow. *7 Cups of Consciousness* is a hard book to put down!

See all 67 customer reviews...

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