Awareness of the Universe, Positivity, and Healing Power of Life Discovered with Multiple Sclerosis

Writer believes in the infinite power of healing, cognizance, and love
RECEIVING THE HEALING GIFT in MS

My Journey from Separation to Union after a Diagnosis of Multiple Sclerosis

MOUNINA BOUNA ALY
Pittsburg, Nov 20, 2019 (Issuewire.com) - Author Mounina Bouna Aly chronicles her journey of self-healing and self-love through her book, *Receiving the Healing Gift in MS: My Journey from Separation to Union after a Diagnosis of Multiple Sclerosis*. The author exposes her honest fears, pain, and denial as she illustrates her own renewal from being unconscious and lost, to become awakened, conscious of her own inner power, and finding the answers to her questions. Mounina aims to inspire others to take their own journey in finding their genuine Self to heal and live a better life. She also wants to shift others' perception of multiple sclerosis, which was the key to her discovery of this healing gift.

Amazon customer Anda Maric says, “... a wonderfully written book that speaks to everyone with the diagnose. It brought me clarity and compassion toward myself and the understanding that the power to heal is in my hands.”

Mounina is a *kundalini* as well as a *Kripalu* yoga teacher and a holistic bodywork practitioner. Before being diagnosed with multiple sclerosis, she was becoming an actuary. However, she used her diagnosis and her experience to become a transformational life coach to assist others in creating a life they would love to live from the inside out.

Mounina’s work will be exhibited at the Miami Book Fair Street Fair weekend, to be held at Miami Dade College (Wolfson Campus) in downtown Miami this coming November 22-24 at the Authors Press booth. To get the latest update on authors, like and follow Authors Press on Facebook and Twitter.

*Receiving the Healing Gift in MS: My Journey from Separation to Union after a Diagnosis of Multiple Sclerosis*

Written by Mounina Bouna Aly

Paperback | $14.99

Kindle | $2.99

Book copies are available at Authors Press, Amazon, Barnes & Noble, and other online book retailers.

**About Authors Press**

Authors Press is an online publishing company and book reseller catering to the needs of both experienced and aspiring authors as well as readers. They offer the best publishing solutions for full-time and independent authors. The company’s team of proofreaders, editors, designers, and publishing professionals are committed to fulfilling industry standards for their client’s work to be published, marketed, and sold.

Can you open yourself up to the possibility of an infinite, loving intelligence guiding and orchestrating this whole universe? Can you listen to the wisdom of your divine body? Can you trust in the divine wisdom of your soul? These are difficult questions, yet in 2007, Mounina Bouza Aly had to seek answers as MS came into her life and turned her world upside down.

Receiving the Healing Gift in MS shares Mounina’s firsthand journey as she became curious and began to study herself, life, and healing. And after three years of denial, she opened herself to the message the universe was trying to deliver. She allowed her life to fall apart and then surrendered to it. She discovered that MS was a gift for her, because it led to her healing.

To heal is to receive with simplicity whatever life brings to your doorstep. To heal is to change from the inside out, become your authentic self, and raise your vibration. And to heal is to forgive the past and create a new future. When we partner with the universe, we become experts at solving life’s problems.

Mounina Bouza Aly was becoming an actuary before being diagnosed with MS. Yet she used her diagnosis and her experience to become a transformational life coach to help people create a life they love living from the inside out. Mounina is also a kundalini and kripalu yoga teacher and a holistic bodywork practitioner.

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