

Path Of Energy Awaken Your Personal Power And Expand Consciousness Synthia Andrews

The Path of Emotions Advanced Yoga Practices - Easy Lessons for Ecstatic Living,
Vol. 2 Chakras Awakened Empath Awakening the New Masculine The Path Made
Clear Awaken Your Inner Fire The Path of Emotions Awaken Your Genius The Path of
Energy The Path to Awakening Path of Empowerment Waking Energy The Untethered
Soul (EasyRead Super Large 24pt Edition) Awakening to the Spirit World A Path of
Light Female Energy Awakening Awaken Your Greater Health Sacred Revolution The
Energy Codes The Fearless Path The Path of the Priestess Healing: The Path to
Freedom Journey Into Now The Magdalene Path A Simple Guide to Voyaging the
Energetic Universe: Awaken to the Power Within You and Live Life Supremely
Well Energy Healing for Everyone Kundalini Rising The Modern Chakra Guide The Path
to Higher Consciousness Wild Power Awaken the Inner Shaman Unicorn
Magic Awakening the Paths Awakening Kundalini The Sacred Path of the Therapist:
Modern Healing, Ancient Wisdom, and Client Transformation Enlightenment
Through the Path of Kundalini Crystal Healing and Sacred Pleasure The Path of
Presence Path to the Soul

The Path of Emotions

Do you have a nagging suspicion that you're not living up to your creative potential? Do you feel hindered by the deeply embedded programming of social conformity and core limiting beliefs? Most of all, are you ready to shed those shackles and unleash the raging genius deep inside? In *Awaken Your Genius*, author Carolyn Elliott helps you do just that with a seven-step course that shows you how to live at your fullest creative potential and make manifest your deepest desires and dreams. In Step 1, *Hearing the Heart's Call*, you'll learn how to determine your true passions and create a vision for yourself at your most fully realized best. Step 2, *Accepting the Call*, helps you turn that vision into a commitment. Step 3, *Meeting the Guide*, opens the door to dialoguing with your inner mentor--the subconscious part of yourself that knows what's missing and how to get it. Step 4, *Crossing the Threshold*, shows you how to let go of socially programmed conformity and venture into your own personal imaginative dreamscape. Step 5, *Enduring Trials*, gives you tools and tips on navigating the inevitable obstacles that arise when doing this kind of transformational work. Step 6, *Becoming Divine*, shows you how to tune in to your most expansive, unconditionally loving self, which in turn gives you the power to manifest your dreams and inspire those around you. Step 7, *Taming Your Genius*, shows you how to negotiate with your newfound genius--a mighty power to be reckoned with--so that it gets sustenance without becoming disruptive. Each step comes with excellent explanations of the powers at work, as well as assignments (called "experiments") and check-ins to make sure you're keeping up with the previous steps. If you're ready to unleash your inner genius and take your life by storm, *Awaken Your Genius* will put you on the path, give you the tools you need, and keep you sustained, inspired, and supported along the way. If you're serious about cultivating your most imaginative, fearless, intuitive self, don't miss this book.

Advanced Yoga Practices - Easy Lessons for Ecstatic Living, Vol. 2

Everyone has a purpose. And, according to Oprah Winfrey, “Your real job in life is to figure out as soon as possible what that is, who you are meant to be, and begin to honor your calling in the best way possible.” That journey starts right here. In her latest book, *The Path Made Clear*, Oprah shares what she sees as a guide for activating your deepest vision of yourself, offering the framework for creating not just a life of success, but one of significance. The book’s ten chapters are organized to help you recognize the important milestones along the road to self-discovery, laying out what you really need in order to achieve personal contentment, and what life’s detours are there to teach us. Oprah opens each chapter by sharing her own key lessons and the personal stories that helped set the course for her best life. She then brings together wisdom and insights from luminaries in a wide array of fields, inspiring readers to consider what they’re meant to do in the world and how to pursue it with passion and focus. Renowned figures such as Eckhart Tolle, Brene Brown, Lin-Manuel Miranda, Elizabeth Gilbert, Jay-Z, and Ellen DeGeneres share the greatest lessons from their own journeys toward a life filled with purpose. Paired with over 100 awe-inspiring photographs to help illuminate the wisdom of these messages, *The Path Made Clear* provides readers with a beautiful resource for achieving a life lived in service of your calling – whatever it may be.

Chakras

A guide that explains the emotion-energy connection and how to harness its power to clear past trauma and fuel creative expression. Do you feel there is more to reality than what your five senses reveal? Are emotions controlling the quality of your life? Do you avoid uncomfortable feelings or suppress past trauma? You may have been taught that emotions aren’t logical and therefore can’t be trusted. That happiness depends on suppressing or avoiding negative feelings. On the contrary, emotions are the key to discerning energy reality. They are the language of subtle energy providing information, direction, motivation, and vitality. Understanding and harnessing the power of emotions will help you make better decisions, heal your past, and create the life of your dreams. *The Path of Emotions* explains how emotions are the key to mind-body communication, translating information from subtle energy realms into useable guidance. Reading it will help you: Interpret your instincts and gut reactions Expand your subtle energy awareness and increase your intuition Identify and release emotions that are binding your energy, inhibiting your potential, and causing physical pain and dysfunction Free up and use the energy currently bound up in limiting emotional patterns Use emotions to empower your intentions and manifest the life you desire “Dr. Andrews shows how we can use our emotions to make ourselves miserable or happy. Then, more importantly, she shows us practical and effective ways we can channel that energy to take charge of our health and happiness and rid ourselves of our human barriers to love.”—Henry Grayson, PhD, author of *Your Power to Heal*

Awakened Empath

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Leah Guy believes that disconnection is the root of all fear, and the attempt at letting go causes more problems than it solves. Debunking the myth of detachment and other popular New Age ideologies, she emphasizes that there's no escapism in emotional healing. Rather, the process is about putting the personal pieces of your heart, mind, and soul back together again. The Fearless Path offers a radical approach that will heal trauma, fear, heartache, and mental and physical health. Overcoming anxiety, sexual abuse, eating disorders, and addiction using the principles in this book, Leah has spent her life helping others find relief and freedom from personal afflictions. In *The Fearless Path*, you will learn: Why "letting go" is the worst advice for healing, and how to really move on. How to understand the stories your energy system tells about your mind, body, and spirit--and how to rewrite the script. How to transform fear and anxiety into love and inner peace. Why the law of attraction isn't all it's cracked up to be. Find strength and serenity in the midst of a personal storm.

Awakening the New Masculine

The universal force known as Kundalini has been shrouded in mystery for centuries, yet it influences our every breath, thought, and emotion. With *Awakening Kundalini*, one of the West's most respected teachers and researchers in the field explores this spiritual principle in unprecedented depth, with detailed guidance for discovering and working with it directly. In India's spiritual teachings, Kundalini is known as the principle within that compels us to evolve and grow. Traditions across the globe have described it as a force that lies dormant within us and, when awakened, connects us to the energy of creation and profoundly elevates consciousness. With his unique expertise in modern psychology, neuroscience, meditation training, and spiritual traditions, Lawrence Edwards clarifies for readers the many dimensions of Kundalini awakening, including practices and meditations for recognizing its manifestations and preparing the body and mind to enter its expansive, empowering flow. When experienced skillfully, Kundalini can be the most profoundly transformative experience of our lives. *Awakening Kundalini* makes available a complete and practical resource for tapping into this transformative force, and realizing our ability to live "radically free."

The Path Made Clear

Engage the chakras as a road map for self-discovery, harness the power of crystals, and practice self-love through erotic spirituality with *Crystal Healing and Sacred Pleasure*. Whether you're new to crystals or experienced with crystal healing, *Crystal Healing and Sacred Pleasure* offers the essential information and techniques you need to get your energy flowing freely again. The flow of energy through our chakras (the energy centers of our bodies) is essential to our fundamental well-being and our ability to experience our lives fully. When chakras get blocked, the natural flow of energy is hindered, and we experience disconnection from our physical bodies. Crystal healing can release blockages and bring necessary attention to our whole being, while helping to heal physical or emotional trauma. Crystals have been used for centuries as a way to release and harmonize energy. Each crystal has its own unique qualities that are suited to specific kinds of blockages. When used properly, crystals can have a powerful and

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positive effect on our lives. This book features: A clear introduction to the body's chakra system Guidance for determining if a chakra is blocked Essential information on crystals and how they work Specific techniques and practices for using crystals to embrace self-love and achieve greater intimacy and pleasure A comprehensive chart linking crystals to their chakras; zodiac elements; color energies; and physical, emotional, and spiritual benefits An annotated reading list of books, blogs, and websites to support you as you continue on the path of crystal healing Embrace the healing power of crystals and open yourself to greater well-being, intimacy, and sensual pleasure.

Awaken Your Inner Fire

Does today's world ever feel intense, depressing, or even scary? In *The Modern Chakra Guide*, bestselling author Carol Tuttle shows you how the world is going through an energetic shift-and how to activate your chakra energy to rise above the chaos. Carol shares the path that took her from a life in shambles to a life of powerful fulfillment. With reassurance and timely insight her personal perspective will help you counter the rush, confusion, and fear of today's world. Through this book, you will be able to: Feel more daily joy than you've imagined is possible, Recognize how chakra energy influences you, Navigate the energetic shift of our time with ease, Awaken and activate your energy to upgrade your life, If you are a person who wants to feel balanced, aware, and joyful-even with today's world swirling around you-then this book is for you. Book jacket.

The Path of Emotions

You have within you a latent energy waiting to transform your life. Known as kundalini, this legendary power is believed to catalyze spiritual evolution. But is kundalini real? And if so, how can we engage this energy to awaken our consciousness? For centuries, the secrets of kundalini have been guarded by masters and buried in esoteric texts around the globe. *Kundalini Rising* brings together 24 illuminating essays by some of today's most prominent voices to demystify this mysterious phenomenon. From personal accounts and yogic practices, to brain research and historical perspectives, this compelling anthology weaves together both the mystical and practical perspectives on the rise of kundalini energy to help support your own spiritual discovery. Contributors include: Lawrence Edwards, PhD; Bonnie Greenwell, PhD; Bruce Greyson, MD; Gene Keiffer; Penny Kelly; Gurmukh Kaur Khalsa; Shanti Shanti Kaur Khalsa, PhD; Sat Bir Singh Khalsa, PhD; Gurucharan Singh Khalsa, PhD; Gopi Krishna; Olga Louchakova; David Lukoff, PhD; Andrew B. Newberg, PhD; Stuart Perrin; John Selby; Stuart Sovatsky, PhD; Swami Sivananda Radha; Dorothy Walters, PhD; John White; Whitehawk; Barbara Harris Whitfield; Charles L. Whitfield, MD; and Ken Wilber.

Awaken Your Genius

We are poised at the rim of time. Before us is an expanse of timeless love, beauty, peace, harmony and joy. We have the opportunity now, at this moment, to turn towards the radiant planes of Light and step into them joyfully, fearlessly and with open arms. We can, with the mystical teachings of this book, open our hearts and

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allow the Light, in all of its splendor, to penetrate every particle of our being and guide us to divine union. The five transformative stages leading to enlightenment, as discussed in this book, bring you to a clear understanding of the nature of awakening, purification, transcendence, surrender and union with the Creator. This journey is a Path of Light that opens and awakens your heart to the Truth of who you are.

The Path of Energy

The Pleiadians, a collective of multidimensional beings from the Pleiades star system, have been speaking through Barbara Marciniak since 1988. This long-awaited book shares new inspiration from over nine years of previously unpublished Pleiadian wisdom, and Marciniak offers innovative ideas for changing beliefs, reclaiming one's power, and creating a world of unlimited possibilities. She also presents critical new material on how to deal with the world's increasing chaos and the accelerated pace of life. Consisting of profound new insights on power, fear, love, desire, health, sexual intimacy, energy, and creativity, this timely text is for those ready and willing to embrace self-empowerment, seek the truth, broaden awareness, and meet the challenges of a world on the brink of major change. Individual chapters include Energy and Frequency — A New Playground of the Mind, Accelerated Energy and Stretching Your Mind in the Nanosecond of Time, and The Intimate Dance of Beliefs and Emotions.

The Path to Awakening

This is a woman's book of sensual enlightenment - a sacred revolution that returns her body, heart, sexuality and power back to love. Women are incredible creatures and the female body is exquisite in design. Naturally intuitive, highly sensual and magical, with a great ability to create abundance and heal life. This makes every woman's body a portal to enlightenment. No longer can you live in loneliness, insecurity, self-doubt, shame or the fear of not 'being enough.' No longer can you hide or deny your unique aliveness. Sacred Revolution is a transformational guide. It teaches each woman to be unshakable with love so she can master her life. This journey begins once you claim your sexual energy as a sacred life force - vital for the dynamic experience of love. Only then can the revolution begin. You will learn:

- The six principles of sensual enlightenment.
- The thirteen virtues of love that can heal, transform and revolutionize your life.
- How to channel your sexual energy to be a sacred fuel of empowerment and attraction.
- Movement exercises that awaken your orgasmic potential to create heightened states of love.
- The ultimate anti -ageing and beauty secrets every woman needs to know.
- The 20+ different soul mate experiences you can have.
- The consent options that empower your intimate connections and master love in relationships.
- The heartbreak remedy that ensures your sovereignty and motivates you to up level your standards.
- The superpowers of an evolved woman.

Sacred Revolution is a rite of passage for all women who are ready to feel whole, complete and powerful. It is for every woman in all phases of life - maiden, mother, priestess, queen, diva, yogini and goddess. As you take this journey, every aspect of your female identity will be awakened. This book is the missing piece on your female spiritual path.

Path of Empowerment

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path." - Buddha Reject stress, accept change, and prepare to radiate positive energy with the natural healing powers of the chakras. In the Eastern world, the powerful healing properties of the chakras and their awakened state have been known for generations. In the Western world, however, the awareness of their properties and purpose are still relatively limited. Simply speaking, the chakras are specific points in your body through which energy flows. The unlocking and empowering of these chakras allow for a more balanced, healthy, and harmonious life. Undertaking a regimen of exercises geared towards the empowerment of the Chakras will enable you to unlock these energy streams as a means of combating the stresses, fears, and doubts that plague our everyday lives. If you're ready to become a more centered and harmonious human being, then look no further than this introductory guide With the wisdom of meditation guru and author Michael Williams, you will be able to explore the different chakras and their part in completing a healthy, whole human being. With various exercises geared toward each chakra, this guidebook acts as a toolbox for empowering your chakras through meditation and practice. Here's what to expect in the beginner's guide: Introduction to the Chakras Reasons for suffering Breathing techniques to aid meditation Preparations for meditation Guide to the meditation process Exercises for each chakra Diet guide to promote healing and wellness Overview of spiritual awakening And much, much more! Organized, informative, and inspiring, this introductory guide serves as a roadmap to peace and harmony through the revolutionary and natural wisdom of the chakras. Born from an ancient tradition of meditation and inner exploration, the practice of healing through chakra empowerment is a natural way to combat the crippling evils of stress, anxiety, and fear. Take back control of the good energy in your life and reap the benefits of a calm, balanced mind through the empowerment of your chakras. Take the first step to improving your life and grab your copy of Chakras for Beginners: Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing today!

Waking Energy

The 3D identity you have lived out, consciously and unconsciously, was chosen by your soul, your oversoul, your highest expression of you, and God. But you have lived unconsciously for far too long, hindering the growth of your soul and, more importantly, hurting and polluting Gaia, the nucleus and epicenter of the intergalactic community. Because of your unconscious, blind following of the 3D rules that were falsely given to you, your soul's compass and remembrance lens are askew. The Path to Awakening seeks to spark recognition in you and awaken your true self—who you really are. It serves the purpose of awakening within your soul, your DNA, and your soul map of who your soul is and why you are here—here, there, and everywhere. Most importantly, this guide illustrates your role in awakening the rest of humanity, ushering in the end times of the false 3D collective programming, and beginning the New Age, the new earth, and the healed Gaia. Heed these words, and your soul will rise and ascend and realign to its highest purpose, the Godhead energy, and the Christ energy. You are not here to slumber through existence like an unconscious drone. You serve the most important purpose: to awaken yourself to the truth and save Gaia. This spiritual

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study offers an ascended master's guide to understanding the complexities of ascension, spirituality, earth, angels, and the end times, exploring who God really is.

The Untethered Soul (EasyRead Super Large 24pt Edition)

Integrating Western psychological understanding with ancient Eastern and wisdom traditions, Siegel addresses how spiritual resonance is achieved within the psychotherapeutic process in *The Sacred Path of the Therapist*. Readers will learn how mindfulness practices and attunement can help them move clients toward recovery and beyond, allowing full potential to emerge within a shared coherent field of awakening consciousness. Topics include translating transpersonal theory into practice, understanding the human energy field, and the integration of psychotherapy and spiritual initiation. Drawing from her unique experiences working with master shamans as well as practicing as a psychotherapist, Irene Siegel discusses the evolving role of the therapist as both therapist and healer. Shamans are ancestral teachers, guides to nonordinary realms of consciousness and a divine cosmic whole within silent sacred spaces. Using lessons from native shamanic tradition and the evolving field of transpersonal psychology, both healer and client will learn to access the innate inner wisdom and healing potential within themselves through guided meditation exercises within moment-by-moment sacred space. The expanding content and context of therapy blends the two worlds: the clinical world and the world of the shaman.

Awakening to the Spirit World

Awakening the Paths is the Third Volume in the Inner Chamber Series. These books are meant to serve as a glimpse into the cornerstones of a well-structured magickal practice. Volume Three gives the reader an overview of the Qabalistic Tree of Life through the lens of the Western Mystery Tradition with focus on the 22-Paths that serve as connection of synthesis between the spheres. It is the companion to Volume Two: *Poetry of the Spheres* and when used together as a course of study will expand upon the reader's knowledge of the Tree of Life and its opportunities for application in daily practice. Part One provides an introduction to the core concepts and structure of the Qabalistic Tree. This section can be referenced as you move through each of the Paths. Part Two gives insight into the energies of each of the specific Paths. Each chapter is dedicated to a single Path and includes the Tarot Key, Planetary and Elemental Correspondence, and the Hebrew Letter of the Path.

A Path of Light

Within you is a greater, wiser self that is not bound by your fears, worries, or perceived limitations. Dr. José Luis Stevens calls this the Inner Shaman—the part of you that connects directly to the true source of the universe. "The shamans of every tradition know that the physical world we can see and touch is a mere shadow of the true spirit world," writes Dr. Stevens. With *Awaken the Inner Shaman*, he presents a direct and practical guide for opening our eyes to the greater wisdom and knowing within—and stepping into the power and

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responsibility we possess to shape and serve our world. In this rousing and provocative book, he invites readers to discover: What is the Inner Shaman? How an understanding of our deeper spiritual potential shows up in every mystical and scientific tradition. Seeing through the heart—why the heart offers us the most immediate path for accessing the Inner Shaman Illuminating the Inner Shaman through spirituality, quantum physics, medical science, and experiential knowing The Inner Shaman in action—how to stop living from the egoic mind and put your true essence in charge Eight tools to strengthen your connection to the Inner Shaman, and much more Humanity has become enthralled by the Siren's song of technological progress, which has lured us away from the spiritual source that truly sustains us. In *Awaken the Inner Shaman*, Dr. José Stevens challenges us to reclaim our lost power to heal, see truly, and fulfill our purpose in life. As Dr. Stevens writes: "The Inner Shaman, suppressed and ignored for centuries, can be discovered in the most obvious place possible—within your own heart."

Female Energy Awakening

Presence is the inner light you emanate that orchestrates and directs your life. It connects you to Spirit, inspires your creative expression, manifests your dreams, and helps you meet and overcome adversity. The light of your Presence is the radiance of your essential self. Are you dedicated to a spiritual path, but not feeling as connected as you would like? Do you seek positive change for the Earth, but feel helpless to act? Are you overwhelmed with personal challenges, or paralyzed with fear, pain, or loss? Do you have a vision that you have not been able to manifest? If so, it's time to magnify your Presence and leave the wishful state of hoping for the active state of creating. The Path of Presence introduces you to eight energy-based, awareness-expanding practices that will awaken your inner light and magnify your Presence. Activating Presence will help you: Find your inner power. Increase your vitality. Connect with Spirit and intuitive wisdom. Overcome limitation and adversity. Find inner peace and outer peacefulness. Manifest your highest potential. Experience joy and creative expression. The Path of Presence invites you on a journey into your heart and into the heart of the universe.

Awaken Your Greater Health

Internationally renowned mind-body-spirit innovator and fitness and wellness expert Jennifer Kries offers a groundbreaking synthesis of the greatest wisdom traditions of the East—from QiGong to yoga—to help readers reboot energy reserves and unleash their potential. Modern life is stressful and depleting. We all want more energy, but choosing among the variety of wellness practices can be overwhelming. Now, with *Waking Energy*, her life-changing wellness program, you don't have to. Instead, *Waking Energy* features seven distinct practices that can either stand alone as their own complete rituals, or as parts of a whole, including: QiGong • Kundalini Yoga • Yin Yoga • Vinyasa Yoga • Five Tibetans • Pilates • Inner Smile • Healing Sounds • Meditation. Combining the best of Western athleticism, Eastern philosophies, and ancient practices from the greatest wisdom traditions, *Waking Energy* invites you to develop a level of energy mastery that will empower, enliven, enlighten and engender true transformation in your health, spiritual richness, and longevity and: develop the body you've always dreamed of; liberate the hidden power of your mind; find the peace of mind you crave; unleash

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focus and concentration; master the tools to live your very best and longest life. Each chapter focuses on one tradition, succinctly explaining the historical background of the practice; its philosophy; the relevant exercises and movement sequences (illustrated with photographs of Jennifer demonstrating the postures)—and includes a quick reference guide for daily practice. Jennifer also offers step-by-step advice for combining the techniques to truly transform your health, fitness, spiritual insight, and longevity. With simplicity, clarity, and grace, *Waking Energy* shows you how to experience a joyful connection to yourself and tap into an astonishing reserve of power to create your healthiest, most vibrant self.

Sacred Revolution

"The menstrual cycle is a vital and vitalizing system in the female body and yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle. They are encouraged to ignore it and cope with menstruation as best they can without missing a beat, rather than seeing the cycle as an integral part of their health and wellbeing and, even more excitingly, as a potential guide to emotional and spiritual literacy. *Wild Power* is a book about feminine power the power of the menstrual cycle. An embodied consciousness that opens a woman to a unique force that can heal, restore love, guide her home to herself, and support the manifestation of her dreams, ambitions, and life calling. This book reveals the inner architecture of a woman and the path to power that is encoded in her body, which takes her on an initiatory journey from menarche to menopause. This unique force tutors us in the sacred tasks of each phase of this journey, the perils and the pitfalls, as we grow into our authority and eldership as creators and leaders in the world. In this book, the authors explore the three maps of the menstrual cycle that guide women through their inner landscape to meet themselves, get to know their own nature and develop the psychological muscle to channel the creative and spiritual forces within them. Written in an engaging style, with humor, tenderness, and practicality, and packed with women's stories and quotes throughout, *Wild Power* is an invitation to a new consciousness born out of an awareness of and fidelity to the menstrual cycle, restoring women to wholeness and reinstating the full majesty and grace of the Feminine."--

The Energy Codes

Best-selling author HeatherAsh Amara invites you to find your inner spark and fan it into a flame that burns with passion through every aspect of your life. This bright inner fire is, in reality, the joy of living. However, it can become cloudy and obscured if it is not nourished. This book is an antidote to the apathy, unhappiness, and depression that sets in when you forget to pay attention to and tend your inner fire. Filled with exercises, meditations, and anecdotes that demonstrate how easy it is to fall into negative patterns of thought and behavior, Amara provides a game plan for working on your 4 energy bodies (mental, emotional, physical, and spiritual) and for:

- Freeing yourself from old agreements
- Healing old traumas
- Dispensing with false beliefs
- Facing the future with courage and hope
- Setting goals
- Acting from your internal stillness
- Making smart choices
- Moving beyond stress

The brightness of your inner fire can be measured by your joy of living, and HeatherAsh

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Amara invites you to fan the flames of your inner fire so that joy manifests itself in every single aspect of your life.

The Fearless Path

The Path of the Priestess

“...a marvelous tapestry of insights, discoveries, tools and resources that gives us all hope for Heaven on Planet Earth.” – Rev. Ruth L. Miller, PhD, author of Mary’s Power “Claire’s deep work of Sacred Feminine wisdom ... could not come at a better time.” – Tim Kelley, author of True Purpose “...an important contribution to mending a world torn in half...” – Lion Goodman, author of Creating on Purpose
Feminine wisdom revealed and reclaimed! Unveil this hidden power within and transform your life. Recent discoveries of ancient manuscripts have shined a light on Mary Magdalene as a powerful teacher and luminous feminine spirit. In The Magdalene Path, Claire Sierra shares her inspiring communication with Mary Magdalene about the awakening of the Divine Feminine as a means to shift and up-level our lives as women in the modern world. The Magdalene Path is a guidebook of compelling ideas, skills and practices to bring your Feminine Soul into daily life. Regardless of your spiritual orientation or previous connection to Mary Magdalene, you will bask in the inspiring wisdom and practical insights in this empowering, illuminating book.

- Revitalize your mind and body to tap into more energy for what you love.
- Ignite your connection to Spirit through simple rituals and Soul-care practices.
- Embrace your authentic, radiant beauty as you reclaim your innate feminine power.
- Replenish your passions and feel empowered to live your purpose.
- Embody your creativity and live as the vibrant woman you truly are.

Healing: The Path to Freedom

Discover your true source of power, health and happiness. Are you experiencing upheaval in your life and a lack of success and fulfillment related to your health, relationships or career path? Do you feel called to work with social and environmental problems, bring healing and knowledge to others, or make a difference in the world - but are unable to realize your greater aspirations? Awaken Your Greater Health is the road map to guide you out of the turmoil to where greater energies can rule your life. Through practical information on energy medicine and true-live stories of transformation, you will learn how to clear the way to your "inner castle" - the sanctuary within you where power, health and happiness come from. You will discover: How to recognize the energy dynamics involved in the shift to greater health; How to awaken your authentic self and remember your wholeness; How to use Energy Medicine First Aid when you become "triggered" into negative thoughts and emotions; How to become a fully-conscious healing presence in the world; How to connect with your life purpose by healing your broken heart; How to revolutionize your health, relationships and career by practicing eight Energy Medicine Daily Care skills. Experience transformation in body, mind and spirit.

Journey Into Now

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A guide for personal exploration of the path to the divine feminine and the spiritual power of women. • Reveals the essential role of women in creating and maintaining the psychic/energetic/emotional landscape of society. • Explores feminine roles and the archetypal model of the Great Goddess from both Eastern and Western spiritual traditions. • Includes exercises, meditations, and visualizations drawn from ancient techniques to assist women with their spiritual awakening and self-realization. The Path of the Priestess takes readers on a journey deep into the heart of the feminine experience. It describes the author's years of first-hand experience in the ancient arts of Tantra, Dzogchen, and Indian and Egyptian temple dance and healing, as well as her research into the feminine principle in the mystic teachings of the Alchemists, Hebrew Kabbalists, and Christian Gnostics. Beginning with an analysis of the basic issues and frustrations inherent in contemporary society's conditioning of and expectations for women, readers travel back in time to the age of the great temples, schools, and sacred societies in which women still held and transmitted the spiritual light that nourished all of civilization. Through its mythic and historic tales, descriptions of sacred ritual practices, and teachings on the Goddess traditions, The Path of the Priestess provides contemporary women with the means to enter this time-honored path. In keeping with the experientially based teaching methods of these traditions, it also offers exercises and visualizations designed to align women with the powerful, sensuous, and loving energies of the most profound feminine role model that shaped and preserved culture and society--the Great Goddess.

The Magdalene Path

A guide that explains the emotion-energy connection and how to harness its power to clear past trauma and fuel creative expression. Do you feel there is more to reality than what your five senses reveal? Are emotions controlling the quality of your life? Do you avoid uncomfortable feelings or suppress past trauma? You may have been taught that emotions aren't logical and therefore can't be trusted. That happiness depends on suppressing or avoiding negative feelings. On the contrary, emotions are the key to discerning energy reality. They are the language of subtle energy providing information, direction, motivation, and vitality. Understanding and harnessing the power of emotions will help you make better decisions, heal your past, and create the life of your dreams. The Path of Emotions explains how emotions are the key to mind-body communication, translating information from subtle energy realms into useable guidance. Reading it will help you: Interpret your instincts and gut reactions Expand your subtle energy awareness and increase your intuition Identify and release emotions that are binding your energy, inhibiting your potential, and causing physical pain and dysfunction Free up and use the energy currently bound up in limiting emotional patterns Use emotions to empower your intentions and manifest the life you desire "Dr. Andrews shows how we can use our emotions to make ourselves miserable or happy. Then, more importantly, she shows us practical and effective ways we can channel that energy to take charge of our health and happiness and rid ourselves of our human barriers to love."—Henry Grayson, PhD, author of Your Power to Heal

A Simple Guide to Voyaging the Energetic Universe: Awaken to the Power Within You and Live Life Supremely Well

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A Jungian psychoanalyst “offers a Hindu spin on therapy, challenging readers to rethink childhood conflict and marital strife in terms of karma and dharma” (Publishers Weekly). Path to the Soul provides an important evolutionary leap in the rapidly evolving understanding of our psychological and spiritual essence. Drawing from Hindu and Christian spiritual wisdom, biological medicine, psychiatric technique, and over twenty-five years of clinical experience, Dr. Bedi has created a highly effective and integrated treatment approach to problems associated with both medical and psychiatric illness. He explains the Hindu concepts of maya, karma, and dharma, and builds a bridge between psychological disease and our intrinsic hunger for spiritual union. Each symptom is seen as a crucial whisper from our soul, and if we understand its message, it can lead us to psychological balance. Dr. Bedi guides us through the process of Kundalini diagnosis, showing how the use of life events, medical or psychiatric symptoms, relationship strengths and problems, and life goals and aspirations can help us determine our dominant and auxiliary chakras. Since our chakras are focal points where physical, emotional, developmental, and spiritual forces intersect, they provide a paradigm that usefully links physical, psychological, developmental, and spiritual dimensions. He explains how he has successfully helped many patients correct imbalances by learning to access and strengthen this energy. Throughout this book there are numerous examples of how Dr. Bedi’s patients have discovered what each individual eventually has to recognize; that our fulfillment, satisfaction, wholeness, and harmony can be reawakened when we touch the spark of divine light glowing within.

Energy Healing for Everyone

ENLIGHTENMENT THROUGH THE PATH OF KUNDALINI is written for everybody who wants to learn about the mysterious phenomenon of kundalini and use it to reach the pinnacle of human development - enlightenment. The book is equally written for those who are going through an involuntary awakening and seeking help to alleviate their symptoms and make the best of this event. You will learn what kundalini is, how we change through a kundalini awakening, how to awaken the kundalini safely and slowly, how to overcome possible difficult symptoms in the process and how to use the kundalini energy to reach enlightenment. Tara Springett has been in her own kundalini process for nearly 30 years. She is a qualified Buddhist teacher since 1997 and a qualified psychotherapist since 1990. Tara has been helping clients from all over the world to successfully overcome symptoms of the kundalini syndrome since 2011. www.taraspringett.com

Kundalini Rising

With perfect precision, the author guides the reader along a path of awakening which leads to liberation from the pain and limitations of the past into the joyful and unlimited world of Now. This book reveals, in the simplest way, how to still the mind and become fully present and awake in the truth of life. Perhaps the most important aspect of this book is the author's unique insight into the nature of the mind and ego. He describes in detail how the ego's resistance to Presence is the primary obstacle to awakening and how we can overcome that resistance in a simple and effective way. Each page of this book reveals a part of the mystery. There are hidden keys to awakening on every page. It is like a road map home.

The Modern Chakra Guide

"It has helped change my life for the better! Highly recommended!"—John Perkins
Energy Healing for Everyone offers an accessible healing technique for body, mind,
and spirit that is easy to learn and master. Drawing from a series of personal
mystical experiences, world-renowned energy healer Brett Bevell reveals an
ancient technique of communing with the divine source of eternal light which
underlies the web of all creation. In this light, we can release our wounds and
fears, and embrace the knowledge that all things are aspects of this one divine
presence. For the first time, Brett reveals the secret of how to share, teach, and
extend this inspired healing technique to anyone for any condition needing
healing.

The Path to Higher Consciousness

"For those ready and willing to build a new life, here are the tools. Powerful,
incisive, extraordinary writing." —Neale Donald Walsch, New York Times
bestselling author of Conversations with God Transform your life with this
bestselling, revolutionary, and accessible seven-step guide—grounded in energy
medicine, neurobiology, and quantum physics—to awaken your true health and
potential through energy healing. Eighteen years ago, health pioneer and
"extraordinary enlightened visionary" (Anita Moorjani, New York Times bestselling
author) Dr. Sue Morter had a remarkable and profound awakening. While
meditating, she spontaneously accessed an energy field—a level of
consciousness—beyond anything she had ever imagined. This dramatic experience
changed her life and set her on a mission to discover how to create such radical
transformation for her patients. Through years of advanced study and research in
energy healing and medicine, she developed the Energy Codes. This life-altering
program has now enabled thousands of people around the world to overcome pain,
disease, fatigue, anxiety, and depression, and to awaken their innate creativity,
intuition, and inner power. Bridging ancient healing practices with cutting-edge
science, The Energy Codes offers a detailed road map to help you experience deep
healing in your life. Grounded in practical, accessible exercises, including yoga,
breathwork, meditations, and Dr. Morter's proprietary Bio-Energetic
Synchronization Technique (BEST) protocol, The Energy Codes "offers deep
insights...that brilliantly merge the ever-blending worlds of science and spirituality
to help reveal the truth of our being and the depths of our greatness," (Jack
Canfield, coauthor of the Chicken Soup for the Soul series).

Wild Power

Praise for Healing: The Path to Freedom: "What Michael has apparently discovered
and teaches is that how we interact with life, moment by moment, particularly our
feeling experience, is visibly at the core of everything. From the broken things to
the extraordinary things, it is nowhere else but the place that no one thinks to
look--literally in ourselves. The remarkable, almost unique aspect of Michael's work
is that everything he does and teaches points you back to the truth of your own
tangible experience. If you want to entertain the possibility of real change, this can
be an excellent place to do it. If you seek to preserve your status quo, well, this

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may not be the place. The work is not easy, though it is simple and clear. It's also not necessarily a quick fix, though some experience rapid results. Expect change and be prepared to see that life is not (only) what you thought it was. In today's increasingly small world, sticking one's head in the sand is becoming a less and less viable option as hiding places become hard to find. Michael's work is all about strongly engaging life and finding the only reliable refuge: your true self." -- Marc Glassgold

Awaken the Inner Shaman

Learning to consciously interact in the domain of subtle energy is the next step in personal and planetary transformation. The Path of Energy is a unique handbook of principles, practices and exercises to help you access your energy awareness and live a more empowered life. In the book are 13 meditations that activate patterns of light within your energy body to awaken specific abilities and levels of awareness. Each meditation includes benefits and purpose, step-by-step written directions augmented with line drawings, and an interpretive illustration of the completed energy pattern. Subtle energy is more than life force; it is the substance of reality and the vehicle of consciousness. Your body is wired to navigate this domain. You are equipped with everything needed to engage the world of energy and creatively change your life. You simply need to remember how. The Path of Energy is a guide to living with expanded consciousness. Included are techniques that build energy awareness and use this skill to deepen your spiritual path, intimacy in relationships, align with earth energy, clear space, create protection, manifest goals, facilitate healing, and more.

Unicorn Magic

""Something very ancient and very new is being presented here! Gary Stamper is bringing together many disciplines, much experience, fine scholarship, and good writing style too."" -Richard Rohr, OFM, Center for Action and Contemplation, Albuquerque, New Mexico, and author of "Wild Man to Wise Man" and "Adam's Return" ""Gary Stamper has done a masterful job of pulling together various integral and visionary shamanic approaches to assist the change that is greatly needed for not only men of all ages but also for the masculine that is ready to be activated within us all."" -Linda Star Wolf, author of six books, including "Visionary Shamanism: Activating the Imaginal Cells of the Human Energy Field" "Awakening the New Masculine "is a brave, exciting and significant contribution to one of the most important aspects of our time- the birth of a New Sacred Masculine capable of being fiercely and tenderly protective of the world and human life."" -Andrew Harvey, Author of "The Hope a Guide to Sacred Activism" "Awakening the New Masculine" is a bridge from the first wave of the mythopoetic men's movement of the last twenty-five years to what is only now beginning to emerge. Gary Stamper points the way to the second wave of men's work with humor, intelligence, and the kind of compassion that holds men accountable-daring, insisting, and giving them the tools they need to step up to a new way of being men. You're going to awaken to the real possibility of becoming the man you've always known you could be, stepping into the truth of who you are in your fullness, cultivating potentials that have called to you, bringing your full presence and awareness to every moment for yourself, your loved ones, and the planet.

Awakening the Paths

FROM THE BACK COVER OF THE PAPERBACK EDITION: Yoga opens the doorway between our outer and inner reality, leading us to Oneness and Joy in all aspects of life. Our nervous system is the doorway Advanced Yoga Practices (AYP), Volume 2 refines and enhances the core practices presented in the first volume, and provides plain English instructions for new practices designed to cultivate middle and end stage development on the path of human spiritual transformation. Additional practices include advanced applications of samyama, diet, shatkarmas, amaroli, non-dual self-inquiry, bhakti and karma yoga, and a variety of approaches for building and managing a progressive and stable practice routine. Volume 2 does not stand alone, relying on the first volume as a foundation, and building on it. There are nearly 200 additional lessons here for assisting the serious practitioner to realize a life filled with abiding inner silence, ecstatic bliss, outpouring divine love, and unity. What readers are saying as they make use of the AYP lessons: "It's almost a science. You do the practices and progress as predicted." - MA "As a physician, it is moving to see the effects on medical conditions." - KC "I will be adding AYP to my class offerings to cover the whole of yoga." - MR "Far above and beyond all other yoga writings I have encountered." - KG "A growing inquiry in stillness has taken me to new levels." - CL "Especially useful for stabilizing my kundalini awakening." - SR "The tantra techniques bring great pleasure into our lives." - ZA "This approach includes a deep tolerance of other paths." - AN "Thank you for being the one who said: The guru is in you!" - KK For more reader feedback, see the last section in the book.

Awakening Kundalini

Do you feel the agony and the ecstasy carried within people's hearts? Do you experience chronic exhaustion in social settings? Has anyone ever told you that you're "too sensitive" for this world? If so, you may be an empath. An empath is a person who absorbs the emotions of others like a sponge and experiences these emotions as their own. While empaths are warm, intuitive, and compassionate people, their high level of sensitivity makes them prone to experiencing issues such as anxiety, depression, and crippling physical illnesses. Do you tend to attract toxic people and set poor boundaries? If so, this book will help you. Do you feel overwhelmed by negative energy and feel like you can't cope anymore? This book will support you. Do you want to heal yourself and find inner peace? This book will show you the path. Written for the highly sensitive and empathic people of life, Awakened Empath is a comprehensive map for helping you to develop physical, mental, emotional, and spiritual balance on every level. Chapters in this book include: - What is Your Empathic Gift? - Empaths and Society - Empath Friendships and Relationships - Empaths and the Workplace - The Psychological Understanding of Being an Empath - The Scientific Understanding of Being an Empath - The Shamanic Understanding of Being an Empath - The Mystical Understanding of Being an Empath - The Dark Side of Being an Empath - Empaths and Narcissists - Empaths and Energy Vampires - Parenting Empath Children - Empaths and the Spiritual Awakening Process - Healing the Physical Realm - Healing the Mental Realm - Healing the Emotional Realm - Flowing With Spirit - The Spiritual Purpose of Empaths Under the loving guidance of empaths and spiritual mentors Luna and Sol, you will discover how to awaken to your highest potential and access the

strength, love, and wisdom found within your soul.

The Sacred Path of the Therapist: Modern Healing, Ancient Wisdom, and Client Transformation

The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true." ---- Introduction

Enlightenment Through the Path of Kundalini

Answer the Unicorn's Call to Wondrously Positive Living This majestic book provides the keys to unlock your personal and spiritual power. Award-winning author Tess Whitehurst presents meditations, rituals, spells, and exercises that help you enter the realm of unicorns and live as they do—uniting fierceness and courage with gentleness and grace. Unicorn Magic uses spiritual insights and techniques to combat the current madness of our culture with the beauty and wonder that is our true legacy and birthright. You'll explore a wide range of topics, including unicorn altars, energy work, dream work, activism, and alchemy. Through this magical guide, you can awaken your intuition and make positive changes in your life and the world.

Crystal Healing and Sacred Pleasure

The Path of Presence

What if you could live your life from a place of joyful knowing? What if you could envision the life you wanted and then achieve that vision? The Path to Higher Consciousness: Creating and Healing Our Lives by Awakening to Our Greater Reality by David Howard, PhD, is the guide you have been searching for to accompany you on your journey. Here you will find a companion to offer steadfast and grounded advice as well as practical exercises to help you understand and utilize higher conscious teachings and concepts that can help transform your life. The Path to Higher Consciousness is a guide based on metaphysics and spiritual

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psychology. In the book, you will discover how the human mind exists in a state of duality as it perceives both human learned perceptions (ego) and a higher awareness that connects us to the consciousness of Source (God). Some of the topics that will form a foundation to help you explore your own spirituality and the path that lies ahead include: Understanding the basis of your ego thoughts, perceptions and fears The mind, body and soul connection The various aspects of mind (conscious and subconscious) and the human ability to create Exercises to help you awaken and connect to higher consciousness You will learn: How to become aware of the power of your thoughts and feelings, while also discovering how to transcend your ego thinking to connect more fully with the higher consciousness of Source to receive divine insight, creativity and healing energy. Methods of self-reflection and also how to correctly manifest what it is you are seeking in life. How our ego thinking tends to alter spiritual teachings such as karma and the law of attraction. Methods for meditation and mindfulness to help you calm your mind. How to expand your beliefs and heal the mind & body by connecting to higher consciousness. "When we begin taking the time to question our perceptions and discover what is important in our lives, we can begin to perceive and experience our lives in a way that is beneficial to our own wellbeing and those around us. We are powerful in our own right and we have the power to control what exists in our lives--seen and unseen."Dr. David Howard, The Path to Higher ConsciousnessDavid Howard, PhD, is a Metaphysical Guide and owner of Transcendent Living, which offers guidance through metaphysical concepts and meditation to help people transform their lives. He continues his research into higher consciousness and began writing to share the amazing results of existing in a state of higher awareness--a state of mind that connects us to the Source of all that is.

Path to the Soul

Today, practicing shamanism doesn't mean you have to live in a rain forest or a desert. Thanks to a modern renaissance of shamanic spirituality, practitioners from all walks of life now use powerful indigenous techniques for healing, insight, and spiritual growth. With *Awakening to the Spirit World*, teachers Sandra Ingerman and Hank Wesselman bring together a circle of renowned Western shamanic elders to present a comprehensive manual for making these practices accessible and available in our daily lives, including: How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today. The art of the shamanic journey--a time-tested meditative method for experiencing important spiritual lessons and truths. Guidance for avoiding common pitfalls of shamanic practice. Instruction for working with your dreams, connecting to your spirit guides, healing yourself and your environment. The core of shamanism is the experience of direct revelation-- to communicate firsthand with your spiritual allies and discover your own power. *Awakening to the Spirit World* takes you through each step of developing a personal connection with your helping spirits to receive wisdom, insight, and healing energy. From an overview of shamanism, to your first journeys and encounters with your power animals, to expanding your skills and insight through long-term practice, here is an in-depth resource for the shamanic arts that includes: Creating rituals and ceremonies for healing and transformation Reconnecting with nature to heal ourselves and the planet Working with your dreams, songs, and artistic vision to strengthen your practice Traditional wisdom

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for children-- healthy rites of passage for each phase of a child's journey to adulthood Honoring the cycle of life and death-- shamanic practices to prepare for and celebrate our final transition in this life Excerpt Shamanism is the most ancient spiritual practice known to humankind and is the "ancestor" of all our modern religions. As a method, it is a form of meditation combined with a focused intention to accomplish various things, as well become apparent in this book. As a spiritual practice, shamanism can become a way of life that may utterly transform the one who practices it. The word "shaman" comes from the language of the Evenki peoples, a Tungusic tribe in Siberia. This is a word whose meaning has to do with esoteric knowledge and extraordinary spiritual abilities and as such a shaman is often defined as an intermediary between the human and spirit worlds. In shamanic cultures, the word "shaman" has come to mean "the one who sees in the dark" or "the one who knows." There are certain commonalities in a shaman's worldview and practice across the world that allow us to make certain broad generalizations about shamanism. In the majority of indigenous cultures, the universe is viewed as being made up of two distinct realms: a world of things seen and a world of things hidden, yet that these two worlds present themselves together as two halves of a whole. The shaman is the inspired visionary, a man or a woman who learns through practice how to enter into this "world of things hidden," and once there, he or she typically encounters extra-mundane personalities or archetypal forces that the indigenous peoples refer to as spirits, ancestors, or even gods. Reviews "Awakening to the Spirit World" takes a deep look at tapping sources of invisible power in daily life. So much of what Sandra Ingerman and Hank Wesselman write about is lost to modern medicine: listening to the weather and the elements, understanding death, and more. This is a courageous book that will appeal to all who long to explore the unseen world." —Judith Orloff, MD, author of Emotional Freedom "In an era when chaos, confusion, and uncertainty take center stage, the ancestors, focused on balancing the energies of life, call forth calm, clarity, and pragmatic direction for accessing the medicine needed to heal the individual and collective psyche. In this moment in time, we are invited into "Awakening the Spirit World," where we are reassured that we are not alone. We are in good company, indeed." —Malidoma Patrice Some, PhD, author of "Of Water and the Spirit, The Healing Wisdom of Africa," and "Ritual: Power, Healing, and Community."

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