

Oneness Rasha

2010 Reprint of 1946 Edition. In WHEELS OF TRUTH, Joseph Murphy gives expression in a clear and lucid style to the fundamental principle of universal truth-that God is the first Cause and that to Him the conception of time and space does not apply. Furthermore, he posits that the universe is but an emanation of God and Law but the intelligent purpose at the heart of things. It is not the skill in presentation alone which makes this book an ever recurrent inspiration; its contemplative content touches

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the heart strings and plays upon them the melody of eternal hope, bringing ever nearer the ultimate Path leading to peace and joy, of faith and accomplishment. This is the everlasting heritage. WHEELS OF TRUTH is indeed a sanctuary to which all may turn for guidance, for it is sanctuary built out of the treasure of the Light of divine illumination. A book about getting back into alignment by better managing your thoughts and emotions. “This masterfully written book will help you understand that words have an inherent power, a force capable of lighting one’s paths and horizons.” —Stephen R. Covey *Aspire!* by Kevin

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Hall is your path to “Discovering Your Purpose Through the Power of Words.” Through stories and linguistics, *Aspire!* explores eleven words that, when fully understood and put into practice, can help anyone achieve their best and highest self—in goals, relationships, and business. Spencer Johnson, M.D., the New York Times bestselling author of *Who Moved My Cheese?*, praises *Aspire!* for providing “tools we can use to shape new thoughts and beliefs to help us change, and create something better for ourselves and our planet,” while Richard Paul Evans, author of *The Christmas Box*, says, “*Aspire!* has the power to help individuals and

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teams focus on their true purpose and reach their best and highest aspirations.”

What have you been missing? In Oneness, author John Greven invites readers to see the world as it really is, right now, without the mind's own reflections obscuring its multifaceted mystery. Oneness takes the reader, step by step, to the inescapable reality that is the self. The intent of this book is to look afresh at one's daily experience, to point to something that the mind may have overlooked. It is not pointing to anything new, anything that you can achieve, or anything you can add to yourself. It is not pointing to the good deeds

you have done in your life to emphasize what a wonderful person you must be. It is pointing to something so simple, something so obvious, that when it is pointed out and seen, you wonder how it was ever missed. How could the mind have taken something so obvious for granted? How did the mind so easily toss out the valuable jewel in favor of its reflections? You may have been searching for self realization, enlightenment, the Buddha Mind, God, or some other goal implying the same thing. You may have been searching for many years, or you may just be getting started on a search; Whether you've been traveling a path

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for a while or you're just taking the first step makes no difference. This book invites you to take a look at the space that has been overlooked, to see what is obvious, and to bring that search to an end—right now.

Oneness - the Pearls

**Our Ultimate Reality, Life, the Universe and
Destiny of Mankind**

From Niggas to Gods

Falling into Grace

**What Burned Me Away Completely, I Became
The Meditations of Oneness**

Yoga Girl

Presents author-selected inspirational passages

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from "A New Earth" enhanced by commissioned artwork.

Poetic transcription of the words on the CD of the same title. Color photographs.

This volume offers an introduction to all questions of teaching Religious Education as a school subject and as an academic discipline related to this subject. The chapters cover most of the aspects that religion teachers have to face in their work, as well as the theoretical background necessary for this task. The volume is a textbook for students and teachers of religious education, be it in school or in an academic

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context, who are looking for reliable information on this field. The book has proven its usefulness in German speaking countries. This volume is the English translation of the German Compendium of Religious Education (edited by Gottfried Adam and Rainer Lachmann). The present English version is based on the 2012 edition which aims for a most current representation of the field. The background of the book is Protestant but its outlook is clearly ecumenical, and questions of interreligious education are considered in many of the chapters. The compendium continues to be widely used in

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Germany, Austria and Switzerland - as an introduction to the field and as a handbook for students who are preparing for their final exams. The English edition makes this compendium available to students and colleagues in other countries.

"Falling Into Grace is a dazzling, clear, profound book—a cool drink of water for thirsty hearts everywhere." —Geneen Roth, author of *Women, Food, God*

"The path to enlightenment today is cluttered with concepts: Adyashanti cuts through them with a sword so merciless and tender that only space remains." —Meg Lundstrom, author of *What to*

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Do When You Can't Decide —Adyashanti's teachings point us toward what we most yearn for: realizing and embodying the love and awareness that is our natural state. *Falling Into Grace* is wonderfully lucid, simple, and powerful. It will remind you to stop the struggle and to relax back into what you already are. —Tara Brach, author of *Radical Acceptance*

Adyashanti asks us to let go of our struggles with life and open to the full promise of mindfulness and spiritual awakening: the end of delusion and the discovery of our essential being. In his many years as a spiritual teacher, Adyashanti has found the

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simpler the teaching, the greater its power to initiate this awakening. In *Falling into Grace*, he shares what he considers fundamental insights that will spark a revolution in the way we perceive life—through a progressive inquiry exploring the concept of a separate self and the choice to stop believing the thoughts that perpetuate suffering; “taking the backward step” into the pure potential of the present moment; why mindfulness and spiritual awakening can be a disturbing process; absolute union with every part of our experience and true autonomy—the unique expression of our own sense of freedom.

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Excerpt: When I was a young child, about seven or eight years old, one of the things I started to notice and ponder as I watched the adults around me was that the adult world is prone to suffering, pain, and conflict. Even though I grew up in a relatively healthy household with loving parents and two sisters, I still saw a great deal of pain around me. As I looked at the adult world, I wondered: How is it that people come into conflict? As a child, I also happened to be a great listener—some may even say an eavesdropper. I would listen to every conversation that went on in the house. In fact, it was a family joke

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that nothing happened in the house without me knowing about it. I liked to know everything that was going on around me, and so I spent a lot of my childhood listening to the conversation of adults, in my home and in the homes of relatives. Much of the time, I found what they talked about to be quite interesting, but I also noticed a certain ebb and flow to most of their discussions—how conversations moved into a little bit of conflict, then back away from it.

Lessons in Tanya

The End of Your World

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The Art of Psychic Protection

Twin Flame Surrender

A Chronicle of Spiritual Emergence

Enchanting Scents

Yoga begins with physical well-being—but it can also lead us into a lifelong exploration of presence, elegance, and possibility. With Art of Attention, Elena Brower and Erica Jago show us the way. Distilled from their acclaimed workshops and training programs, this multifaceted book can be used as:

- A step-by-

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step illustrated workshop of five sessions to merge movement-based mindfulness with traditional yoga • A “tool kit” of asanas, meditations, self-inquiry questions, and healing practices for customizing your own daily practice

• An uplifting source of visual beauty and wisdom insights for inner reflection and inspiration For students and teachers at every level, Art of Attention takes us further into yoga—and the art of living—with clarity, creativity, wonder, and depth.

"An impressive array of selections. They show common ethics that transcend the narrow

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confines of sectarianism." ATLANTA JOURNAL & CONSTITUTION Beneath the seeming differences of all the world's great religions, lies a pool of universal truth. ONENESS collects these beliefs together for the first time, in the actual words of each religion's scriptures. These universal principles act as a guide to inner development, and allow each individual to achieve spiritual richness.

The essential primer and guide to preparing delicious, totally vegan, nut-based cheeses, from the coauthor of The Plantpower Way. In their debut cookbook, The Plantpower Way, Julie Piatt

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and her ultra-endurance athlete husband, Rich Roll, inspired thousands to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, countless people are now enjoying healthier and more vibrant lives. In This Cheese Is Nuts, Julie is bringing that message to the forefront once more, with a stunning collection of flavorful nut-based cheeses. Julie has always been known for her dairy-free cheeses, and here she shares seventy-five recipes using almonds, cashews, and other nuts to create cheeses anyone can make right at home. Nut-based cheeses are on the cutting edge

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in the world of vegan cuisine. They're remarkably simple to prepare (all you need are a few simple ingredients and a basic dehydrator), and in as little as twenty minutes, you can have an assortment of tasty fresh cheeses fit for any occasion. Even creating aged cheeses is easy—they require only a day or two in the dehydrator, so making “fancier” cheeses, like Aged Almond Cheddar, is an almost entirely hands-off process. And though they're delectable on their own, Julie's nut-based cheeses are a terrific component in her recipes for Raw Beet Ravioli with Cashew Truffle Cream, Country

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Veggie Lasagna with Fennel and Brazil Nut Pesto, French Onion Soup with Cashew Camembert, and more. Filled with the essential tips, tools, and mouth-watering recipes home cooks need to immerse themselves in the world of nut-based cheese-making, This Cheese Is Nuts will demonstrate why nut cheeses should be part of any healthy, sustainable diet.

A comparative analysis of the human body, celestial body and their interconnectedness. "As above so below." Examines the various organs in our brain to religious characters.

A Yoga Practice Workbook for Movement as

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Meditation

Oneness

*Join the River of Love (Book One of The
Magdalene Teachings)*

The Fire of Darkness

The Pleiadian Agenda

*Uncensored Straight Talk on the Nature of
Enlightenment*

*A Guide for Evolving Spiritual Growth in a
Supportive and Structured Group Environment*

A humorous guide to gay experimentation for straight women offers a wealth of advice on how to spice up a relationship with a boyfriend, enter into a same-sex relationship, and

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more. By the author of Don't Sleep with Your Drummer. Original. 30,000 first printing.

The Oneness Circle Handbook offers a life-transforming journey filled with heart-felt connections. The Oneness Circle is a structured meeting of people who believe that all are part of the same energy called Oneness. Wanting to accept the highest and best in themselves and each other, members meet to share miracles, prompts and affirmations. The detailed structure within The Oneness Circle Handbook provides the agenda, the timeline of sharing, and the ten steps of expressing affirmations. These steps honor and celebrate the great wisdom within each person as members affirm their trust, connection and co-creation with Oneness energy. Sharing in the Oneness Circle with spiritual partners

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brings strength and confidence in the ability to hear the wisdom within and to follow its direction. Through the practice of listening to the inner voice and allowing it to blossom into expression, inner guidance flows creatively, lovingly, and powerfully. As members listen with open hearts to affirmations and then take turns echoing back the essence of each one, it is a moving experience for both the giver, the receiver, and all who are present. Empowering! Oneness Circle is an amazing practice for encouraging us to tune in and honor our intuition to acknowledge and appreciate miracles and manifestations that occur all the while awakening to who we really are. Heather Popio, member of the Oneness Circle, pilot at a major airline. Study of Oneness principles opens minds. Living of Oneness principles opens hearts.

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Sharing of Oneness principles evolves the world. Vince Lisi, a Oneness participant, founder of Now Creations, MA in philosophy and theology, professor on faculties of philosophy and religious studies at Youngstown State University and Penn State University. Bravo for gifting us with a practical guide to co-creating spiritual community. Delivered with the open hearts of their own rich experience, this is a clear and concise template designed to deepen our spiritual connection to self and others. Jane Eckert, PHD. Counseling psychologist, life coach, energy practitioner. The Oneness Circle is a call to live our lives guided by our inner wisdom, and the practice of trusting its unique voice. An innovative group program designed to unfold our creative purpose. Maureen Sloan, CNP, RYT, Certified Nurse Practitioner and

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Registered Yoga Teacher

There were days when I wanted nothing to do with this invigorating Twin Flame experience because the pain of physical separation from my Twin Flame was unbearable. But, no matter how difficult the situation became, I could feel my Twin Flame's essence comforting me. And in times of most doubt, I could see signs to remind me of how special the connection with my Twin Flame is. Now that I have been through most of the challenging stages of the Twin Flame connection, I found unconditional self-love within myself as well as healing and happiness. The shared energy with your Twin Flame also triggers an energetic purge within yourself, and this purge brings about space within yourself that only craves for change to find your authentic self. Once you

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change every aspect of your life that needs change starting with your family relationships, friends and social acquaintances -- anything and anyone in your life that is not authentic will be dissolved out of your life. If your marriage doesn't make you happy which was my case, you will crave to feel single and free. If your friends are not authentic, they will exit your life at a fast pace on their own. You will change your work ties and relationships, you will change everything about the living situations, your finances will change and all that will be left is your authentic self. I got to a point where I don't need to long to be in the vicinity of my Twin Flame to feel happy about my Twin Flame experiences because I have grown to acknowledge all the aspects of the process. I accept my responsibility as a Twin Flame partner and I am also

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committed working towards keeping the flow of the harmonious energetic connection that I share with my Twin Flame. Every day, I feel the bliss from the connection with my Twin Flame and the more I keep acknowledging my connection, the more I get inspired to feel great and better at experiencing the Twin Flame journey. Surrender helped to crash my doubts, my fears, and my insecurities. I had to choose to let go of these illusions that I had about myself, my life and my perspective of life. I had to breakdown all the cultural conditionings and old paradigms that I had about Love to free myself so that I can embody unconditional love freely within myself. I chose to let go of neediness to control my Twin Flame Process. I gave up my expectations that I had of my Twin Flame, and instead, I focused on learning from

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being a Twin Flame myself. To fully feel united from within, you must feel ready to embody your shared energy with your Twin Flame. I had to let go of my old self to accept to fully embody Twin Flame Love and Energy. This was a very challenging phase for me because I had so many expectations of the Twin Flame connection. I had to find peace at last, and surrender helped me to achieve that Harmony. I hope that this Simple Book inspires you to learn to Let Go.

The best writers say their work seems to come from a source beyond the thinking mind. But how do we access that source? "We must first look inside ourselves and be willing to touch that raw emotional core at the heart of a deeper creativity," writes Albert Flynn DeSilver. In Writing as a Path

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to Awakening, this renowned poet, writer, and teacher shows you how to use meditation to cultivate true depth in your own writing—so your words reveal layers of profound insight that inspire and move your readers. Constructed as a year-long exploration with a new focus for each month and season, *Writing as a Path to Awakening* includes:

- How to approach writing and reading with a greater level of presence and immersion
- Engaging curiosity, playfulness, and spontaneity to keep your regular practice fresh
- Meditating with poetry to deeply embody the power of language
- How you can spark your imagination by connecting to the groundless source of creation
- The meditative approach to storytelling—how not being trapped in your story liberates your capacity to create
- Editing, rewriting, and the path of spiritual transformation

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“Writing and meditation practice are a powerful pair, a dynamic duo,” Albert Flynn DeSilver teaches. “Together they nourish and push, trigger and define, inform and inspire, enable, and energize. To engage in both practices fully is to activate a more complete, creative, and spiritual self.” With a mixture of engaging storytelling and practical exercises, *Writing as a Path to Awakening* invites you on a yearlong journey of growth and discovery—to enhance your writing through the practice of meditation while using the creative process to accelerate your spiritual evolution.

God, the bible, the planets and your body

Discovering Your Purpose Through the Power of Words

7 Hidden Principles to Master the Energy of Thoughts and

Emotions - How to Raise Your Vibration Instantly and Shift to

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the Frequency of Your Desires

Wheels of Truth

A New Cosmology for the Age of Light

The Straight Girl's Guide to Sleeping with Chicks

Secrets of Aromatherapy

A treasury of powerful quotations from the spiritual classic, "Oneness," with breath taking images that capture their essence - and bring them to life. Rich with profound spiritual understandings and catalysts for change, these core teachings from Oneness (the Divine Presence many refer to as "God.") take us to the outer reaches of our own humanness and to the depths of the Divinity within. The words are loving and personal, and convey a sense of sacredness that touches the heart. This exquisite collection of spiritual pearls, culled from the Divine wisdom of

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Oneness, empowers us to take a quantum leap into our own inner depths and totally transform our lives - and our world.

Collects the insights of spiritual writers and leading meditation practitioners from a variety of disciplines to inspire readers to begin their own meditation practice, in a guide that includes contributions by such figures as Jack Kornfield, Ram Dass and Marianne Williamson.

This modern classic of global feminist literature, the only novel by one of Romania's most heralded poets, styled as a long letter addressed to the man who is about to leave her, a woman meanders through a cosmic retelling of her life from childhood to adulthood with visionary language and visceral, detail. Like a contemporary Scheherazade, she spins tales to hold him captivated, from the small incidents of their lives together to the

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intimate narrative of her relationship to womanhood. Through a dreamlike thread of strange images and passing characters, her stories invite the reader into a fantastical vision of love, loss, and femininity.

Noted astrologer and spiritual teacher Barbara Hand Clow channels the voice of Satya, a Pleiadian goddess. Satya describes the huge cosmic drama taking place simultaneously in nine dimensions, with Earth as the chosen theater. The Pleiadians are a group of enlightened beings who believe that the end of the Mayan Calendar will signal a critical leap in human evolution; the Pleiadians will be there to guide us for that leap. This shift is the coming Age of Light, and the entry of our solar system into the Photon Band and the Age of Aquarius.

Using Shamanic and Jungian Tools to Achieve Personal

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Transformation

How To Free Your Soul

Using the Folk Magick of Black America for Love, Money and Success

Insights on the End of Suffering

Mary Magdalene Beckons

Manifesting with Alignment

A Little Piece of Ground

"AN EXTRAORDINARY VOYAGE THROUGH THE LABYRINTHS OF CONSCIOUSNESS! In A Journey to Oneness--the long-awaited sequel to the spiritual classic, Oneness--Rasha takes us on a fascinating seven year odyssey, as

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she shares the incredible story of her own spiritual journey. With the profound wisdom of Oneness (the Divine Presence many refer to as "God") to light the way, this vivid literary tapestry gives us a candid glimpse into the depths of the awakening process and takes us for an authentic ride on the roller coaster of spiritual transformation. The loving words of Oneness, woven throughout, convey a deep sense of the sacred. And the simple act of reading becomes a life changing Divine encounter that each reader shares

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on an intimate, personal level. Rich with Divine insight, *A Journey to Oneness* gives us a vibrant new vision of the nature of humanness and an in-depth guide to discovering the Divinity within. Here, in one woman's unforgettable spiritual adventure, is the key to the actual experience of Oneness--the God within us all

A Little Piece Of Ground will help young readers understand more about one of the worst conflicts afflicting our world today. Written by Elizabeth Laird, one of

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Great Britain's best-known young adult authors, A Little Piece Of Ground explores the human cost of the occupation of Palestinian lands through the eyes of a young boy. Twelve-year-old Karim Aboudi and his family are trapped in their Ramallah home by a strict curfew. In response to a Palestinian suicide bombing, the Israeli military subjects the West Bank town to a virtual siege. Meanwhile, Karim, trapped at home with his teenage brother and fearful parents, longs to play football with his friends. When the curfew

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ends, he and his friend discover an unused patch of ground that's the perfect site for a football pitch. Nearby, an old car hidden intact under bulldozed building makes a brilliant den. But in this city there's constant danger, even for schoolboys. And when Israeli soldiers find Karim outside during the next curfew, it seems impossible that he will survive. This powerful book fills a substantial gap in existing young adult literature on the Middle East. With 23,000 copies already sold in the United Kingdom and Canada,

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this book is sure to find a wide audience among young adult readers in the United States.

Hymn to Tripurasundar? (Hindu deity).

The Divinity we all share steps forth to spell out how we've created our nightmares, and how to shift those patterns. This glimpse into the Divine Vision gives the formula for thriving in the uncharted world at whose very edge humanity now stands.

A Year to Becoming an Excellent Writer and Living an Awakened Life

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This Cheese is Nuts!

**Inspirational Selections from A New Earth
Oneness with All Life**

A Course in Mastering Alchemy

Great Principles Shared by All Religions

Basics of Religious Education

What you've done thousands of times in your sleep can now become a totally conscious experience with the help of this handy guidebook. You'll soon learn to leave your body and explore the astral realm with confidence and safety. Achieving your first astral travel experience is always the most difficult—and no single method will work for everyone. That's why the techniques in this book are

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carefully graded to step by step through an actual out-of-body experience. And with fifteen time-tested methods to choose from you're sure to be astral traveling in no time. Once you learn to leave your body, the freedom you'll discover will transform your life. Explore new worlds ... learn to travel with a partner ... go back and forth through time ... even find a lover... but, most importantly, lose your fear of death as you discover that you are a spiritual being independent of your physical body.

The 21st century's answer to A Course in Miracles, this guide offers techniques for manifesting a new way of being—so you step out of the chaos of the third dimension into the higher consciousness of the fifth This

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unique, interactive book offers a self-contained program to access a totally new way of life. It is A Course in Miracles for the 21st century, reaching far beyond that earlier initiative by incorporating the profound Shift in human consciousness that has been occurring over the last few decades. A Course in Mastering Alchemy has been specifically orchestrated by the Teachers of Light to expand your understanding, your consciousness and your ability to use the new energy tools and manifestation techniques they offer. So what can Alchemy do for you? Alchemy is the ability to alter the frequencies of our thoughts to change how you perceive and interact with the world. Begin to experience a new

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higher level of conscious awareness. To master alchemy, new energy tools of unparalleled capacity have now become available. These are provided here for the first time in book form by the Teachers of Light. The guidance of these Ascended Beings has been given to Jim Self and Roxane Burnett and are presented in the hugely popular online Mastering Alchemy course. This book will provide you with all the information, exercises and practical experiences you need to:

- Become conscious of the rules and limitations of your present reality.
- Recognize that much of who you believe you are has very little to do with who you really are.
- Step out of the unnecessary concept of “suffering” into a

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state of complete wellbeing. • Recreate yourself so you are no longer at the mercy of conditioned thoughts and emotionally charged reactions. • Begin to access your highest consciousness. • Create a new, strong and capable platform for experiencing the world. You can also access free supplemental meditations, lectures, videos and animations from the actual Mastering Alchemy course, guided by the Teachers of Light. A free, private online classroom is available only to readers of this book.

"One of the most profound books of our day." --Flo Aeveia Magdalena, author of "I Remember Union." In July 2010, Mary Magdalene began "beckoning" to

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humanity through Mercedes Kinkel, coming to her daily with essential instructions for our evolution into higher consciousness. **MARY MAGDALENE BECKONS** contains the full series of Mary's heart-opening and mind-expanding messages, together with Kinkel's illuminating commentary. These universal teachings help us: Open our hearts; Experience our bodies, sexuality, and emotions as pathways to the Divine; Allow pain to take us to God; Understand God as Masculine and Feminine; Free us from judgment, blame, and limiting beliefs; Experience the sacred partnership of the Divine Masculine-Feminine. While most books about Mary focus on her life in past times, **MARY MAGDALENE**

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BECKONS presents Mary as a wellspring of contemporary wisdom and a shining example of the Sacred Feminine. WINNER: Spirituality, Books of the Year Award; WINNER: New Age Book, New Mexico-Arizona Book Awards; WINNER: Body Mind Spirit Book, Southwest Book Design Award; HONORABLE MENTION, Religion/Philosophy Book, Readers Favorite Award Contest; FINALIST, Spirituality Book, National Indie Excellence Awards. *** "MARY MAGDALENE BECKONS offers helpful insights for creating balance and harmony between the Masculine and Feminine within all of us. " -John Gray, author of Men Are from Mars, Women Are from Venus *** "If you want to hear

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the real voice of Mary Magdalene, buy this book." -Stuart Wilson and Joanna Prentis, authors of "Power of the Magdalene" and "The Magdalene Version" *** "An uplifting guide to finding our hope and redemption throughout our lives, MARY MAGDALENE BECKONS has a strong and positive message, highly recommended."-Midwest Book Review *** "Mercedes gives us an intelligent and 'feelingful' Magdalene who can guide us through transformative processes into greater light and deeper love."-Joan Norton, author of "The Mary Magdalene Within" and (with Margaret Starbird) "14 Steps to Awaken the Sacred Feminine" *** "An incredible gift to help those who are going through

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difficult times. . . . A great deal of insight into ... spiritual beliefs." -Seattle Post-Intelligencer Book Review *** "An outstanding spiritual, self-help book. . . . [Reading the book,] I felt love, surrender, forgiveness, and an acceptance of myself such as I have never experienced. A must-read for everybody." -Readers' Favorite Book Review

A Journey to Oneness
A Chronicle of Spiritual Emergence

Transcend Time and Space with Out-of-Body Experiences

Delicious Vegan Cheese at Home

Yasha Ahayah Bible Scriptures (YABS) Study Bible

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Aspire

Saundaryalahari

A Treasury of Divine Wisdom

How Meditation Can Transform You and the World

In this groundbreaking book that places Rootwork in its rightful spot among other magickal traditions, Tayannah Lee McQuillar offers a fun and practical guide to improving your life with the help of African American folk magick. Rootwork begins with the basics, from explanations about the magickal powers of the four elements (air, earth, fire, and water) to instructions on creating talismans, charms, and mojo bags. Also included are spells to help you: find your soul mate spice

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up your sex life get a new job improve your health discover your inner muse Accessible and easy to use, Rootwork offers the insights of a time-honored tradition as a means of self-empowerment and spiritual growth. This book will carry you away to a world of exquisite, enchanting scents. Various fragrances affect our moods, may stimulate and excite us, bring us calmness and harmony, bewitch and inspire or even heal. Since ancient times essential oils and incense have been employed in healing, for seduction and for religious rituals. This book particularly addresses their subtle influences, but also presents and describes the plants from which they are obtained.

Change Your Story, Change Your Life is a practical self-

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help guide to personal transformation using traditional shamanic techniques combined with journaling and Carl Greer's method for dialoguing that draws upon Jungian active imagination. The exercises inspire readers to work with insights and energies derived during the use of modalities that tap into the unconscious so that they may consciously choose the changes they would like to make in their lives and begin implementing them.

A New York Times bestseller from the yoga instructor who inspires more than one million followers on Instagram every day. Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel Brathen—Instagram's @Yoga_Girl—has made it her

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mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she's built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—*Yoga Girl* is like an armchair vacation to a Caribbean spa.

Change Your Story, Change Your Life

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Tools to Shift, Transform and Ascend

The Science of Surat Shabd Yoga

A Journey to the Heart of the Divine Lover

A Journey to Oneness

Writing as a Path to Awakening

Art of Attention

More and more people are “waking up” spiritually. And for most of them, the question becomes: now what? “Information about life after awakening is usually not made public,” explains Adyashanti. “It’s most often shared only between teachers and their students.” The End of Your World is his

response to a growing need for direction on the spiritual path. Consider the book you hold in your hands Adyashanti's personal welcome to "a new world, a state of oneness." Adyashanti begins by describing the "I got it/I lost it" phenomenon that perplexes so many of his students—the fluctuation between what he calls "nonabiding" awakening and the ultimate state of "abiding" enlightenment. With straight talk and penetrating insight, Adyashanti then points out the pitfalls and cul-de-sacs that

“un-enlighten” us along the journey, including the trap of meaninglessness, how the ego can “co-opt” realization for its own purposes, the illusion of superiority that may accompany intense spiritual breakthroughs, and the danger of becoming “drunk on emptiness.” “Full awakening comes when you sincerely look at yourself, deeper than you’ve imagined, and question everything,” teaches Adyashanti. The End of Your World is your invitation to join Adyashanti for an honest investigation of what you really are—and how

to live once you discover it. Contents Chapter One: Exploring Life After Awakening Chapter Two: Authentic Awakening—And the Disorientation That Can Follow Chapter Three: “I Got It, I Lost It” Chapter Four: We Come to Nirvana by Way of Samsara Chapter Five: Coming Completely Out of Hiding Chapter Six: Common Delusions, Traps, and Points of Fixation Chapter Seven: Life Itself Holds Up a Mirror for Our Awakening Chapter Eight: The Energetic Component of Awakening Chapter Nine: When Awakening

Penetrates the Mind, Heart, and Gut Chapter Ten: Effort or Grace? Chapter Eleven: The Natural State Chapter Twelve: The Story of the Wedding Chapter Thirteen: An Interview With Adyashanti Excerpt There's a phenomenon happening in the world today. More and more people are waking up—having real, authentic glimpses of reality. By this I mean that people seem to be having moments where they awaken out of their familiar senses of self, and out of their familiar senses of what the world is, into a

much greater reality—into something far beyond anything they knew existed. These experiences of awakening differ from person to person. For some, the awakening is sustained over time, while for others the glimpse is momentary—it may last just a split second. But in that instant, the whole sense of “self” disappears. The way people perceive the world suddenly changes, and they find themselves without any sense of separation between themselves and the world. It can be likened to the experience of waking up from a

dream—a dream you didn't even know you were in until you were jolted out of it. In the beginning of my teaching work, most of the people who came to me were seeking these deeper realizations of spirituality. They were seeking to wake up from the limited and isolated senses of self they had imagined themselves to be. It's this yearning that underpins all spiritual seeking: to discover for ourselves what we already intuit to be true—that there is more to life than we are currently perceiving. But as time has passed,

more and more people are coming to me who have already had glimpses of this greater reality. It is because of them that I am giving the teachings of this book.

...a message to the Black Youth. This is a compilation of individual essays written during the summer-fall of 1992. The essays are designed to inspire thought within the Black Mind. These writings are primarily targeted toward the Black Youth of this day, of which I am a part of. I am not a Master of these teachings, but these teachings I wish

to Master.They say that my generation is not intelligent enough to read a book. I say that They are wrong. It is just that They are not writing about anything of interest that is relevant to our lives!And when They do write something, they have to write in the perfect King's English to impress their Harvard Professors! Here we are with a book in one hand, and a dictionary in the other, trying to understand what in the hell the author is talking about!If you have got something to say, just say it! We are not impressed by your

27-letter words, or your Shakespearian style of writing. The Black Youth of today don't give a damn about Shakespeare!!! This ain't no damn poetry contest! We are dealing with the life, blood, and salvation of our entire Black Nation! If you want to reach the People, you have to embrace us where we are, and then take us where we need to go. So, these writings are from my generation and for my generation with respect and love. If no one will teach, love and guide us, then we will teach love and guide

ourselves.Peace.

"From the earliest days of thinking man, people the world over have pondered the nature of the Universe, our planet, and of ourselves. What does it all mean? Why am I here? What is the real purpose of my life? What will happen to me after I die? Will I return once again for another life on Earth?"
So starts the first paragraph of this book, summarising and encapsulating very succinctly both the reason I was inspired to write Our Ultimate Reality and a concise

summary of the contents contained therein. As we approach the end of a great age for humanity, increasingly more people from all walks of what we know as "life" are asking what it all means for them, for their families and for their future existence on this planet we call "Earth." Our Ultimate Reality, Life, the Universe and Destiny of Mankind is your complete reference and guide for realising the Divine heritage of each and every one of us as equal aspects of our Creator, a life of perfect happiness, health, abundance,

fulfilment and Spiritual evolution. This book has been written in a modern, understandable, non-mystical way, setting out in a concise, logical, easy to follow format, all you need to know in order to understand, pursue and realise your own true potential during this pivotally important era. I wish you every possible success as you follow your own true destiny on the path of return to our Divine Creator from Whom we came in the beginning, and wish that this book will prove to be your valuable guide and

companion.

Do you suffer from nightmares? Are you a therapist or a healer? Your physical immunity is not the only thing that needs an occasional boost/ sometimes your psychic immunities need extra protection from invading energies, too. The simple and effective psychic protection tools explained in this book include visualizations, flower remedies, gems and talismans, as well as practical advice for avoiding psychic compromises.

The Calling

Rootwork

The Oneness Circle Handbook

Astral Travel for Beginners

The Path of the Masters

Be the Change

FEM

Iggeret HaKodesh (Epistles 1-20) is the fourth volume in this series. It covers the first twenty pastoral letters originally written by the Alter Rebbe over a period of years to the chassidic

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community at large.

A unique collection of collages by Rashani Réa, accompanied by the poetry of Alfred K. LaMotte. Rarely has such a book as this been produced which radiates (you can almost feel it) the essence of the highest of spiritual ideals and ideas. Created this past summer--during eight of the twelve weeks when Kīlauea Volcano was erupting on the Big Island of Hawai`i--where Rashani has lived for the past twenty-

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seven years--Rashani's images speak to the idea of Darkness and yet how that same darkness can lead to rebirth, or "the Bardo" as she refers to it.

Something to be embraced, "without fear and with trust"--as Rilke writes in a poem on the same subject. And in the end amidst the devastating flow of lava and the rain of ash, Rashani's collages, here, say to us that in the end the Darkness is all about Beauty. And beautiful this book is with

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the addition of complimentary poems by the poet Alfred K. LaMotte who lives on the U.S. mainland. With profound poems that are reminiscent of those of the Sufi poets Rumi, Hafiz and Kabir, the visual and mental collaborative "duet" that is blended between images and words creates a composite that is a kind of Creation Story. A "syzygy." A mated pair of opposites. Yin and yang. Adding a third dimension taking us out of the darkness of those noir nights of

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*volcanic cataclysm and into the light.
Allowing us, the readers, to see the
beauty in the fire. And to come away
cleansed and yet cautioned to the power
and majesty of Nature and our home here
on the planet Earth. -Thomas Rain
Crowe, author of "Drunk on the Wine of
the Beloved: 100 Poems of Hafiz"
(Shambhala Publications, 2001)
The Destination You Never Left*