

How to Change Your Mind
The Architecture of Enlightenment

Essential Chakra Yoga

Hands of Light

Sacred Practices to Release Negative Energy and Harmonize Your Life

A Practical Guide to Energy Protection, Cleansing, and Cutting Cords

Reiki is a birthright; we are born with life energy, and we innately know how to best care for ourselves, whether our needs are physical, emotional, mental, or spiritual. This Reiki yoga manual is born from a passion for wellness, and from years of dedicated yoga and Reiki practices, independently. The value of each modality and their potential combined power is shared in this practical guide on Reiki yoga. In this book, you will learn how to: - meditate and connect with your own Reiki channel - use mindful breath, yoga exercises and self-treatment to help the flow of Reiki - develop your intuition and a self-care practice - support your physical and emotional body Whether you are a yogi(n), have an established meditation or energy-based practice, or are a complete beginner who has never set foot on a yoga mat or a zafu, this manual will meet you where you are, and welcome you to yourself. Through Reiki and yoga, the themes presented within this manual provide practical and holistic tools for wellness to conscious women who are busy and looking to reconnect with their intuition, healing ability, and personal power. Whether you are looking to add to your self-care routine or create one from scratch, this manual provides practical self-care that works on many levels and that you can revisit, wherever you are on your wellness and spiritual journey.

What all of mankind have learned in the past about creation is the way that existence isn't – a paradox! Awaken and realize that all of mankind will create their "body for Ascension," whether they accomplish this now or later, and that this is not the exclusive domain of Christ or Buddha or many others who have ascended -- this is your birthright. You are not relegated to worshipping those who have already done this very basic initiation called Ascension. Christ and Buddha would be the first to acknowledge that they are just beginners on their eternal journey. When mankind lifts the veils of their unworthiness and recognize that they are the Sons of God, that there is divine equality and no one is greater than another, then you will have begun our journey in the way that it was intended. In your near future your Planetary Hierarchy will release the world from theology, ecclesiasticism and the wrathful Jehovah and return humanity to its rightful journey into spiritualizing matter, not worshipping it! The Mahatma is for those who are motivated to search for the answers that can respond to their mental and spiritual bodies. In the past, mankind?s choices of beliefs and religions have supported only the emotional body and the darker, material side of life. And truly, if one is going to remain on Earth, very drastic shifts of consciousness will be required to have mankind remain in Earth?s new fourth-dimensional reality. No matter how contrary to your current beliefs, this book contains methods for creating your spiritual Lightbody for Ascension, and it also explains your eternal journey in a way that was never before available to mankind.

Unlock the lost and hidden meanings of the world's ancient and modern signs and symbols with the latest in the hugely popular series of 'Element Encyclopedias'. This is the biggest A-Z reference book on symbolic objects you'll ever find.

"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).

Take It by Force

Sacred Symbols of Light

The Master/Teacher Attunement

Life's But a Game! Go with the Flow!

Transform Your Future by Releasing Your Past

The Spiritual Warrior

Crystals for Karmic Healing

A blend of spiritual and practical material, Spiritual Clearings offers a comprehensive checklist of situations that may require a personal, home, property, or business clearing, from confronting illness or feeling "stuck" in life, to having trouble selling a home, to high employee turnover. In addition to describing energetic blockages, such as negative thought forms, author Diana Burney also discusses different categories of energy, its presence in the invisible world, and the unseen influences of energy. In her clearings, Burney proposes, we can release our own negativity as well as guide unseen negative forces toward the light. The book's clearing rituals include prayers that invoke the assistance of higher beings such as archangels and Ascended Masters, incantations and chants from different spiritual traditions, the visualization of divine light and the violet flame, and the expression of gratitude. Additional meditation and visualization exercises, descriptions of divine beings, and a summary of the clearing process are included. This book is a powerful tool for personal growth, self-healing, and creating a personal environment of confidence, creativity, love, and acceptance.