

Anatomy Of The Spirit

A comprehensive and fascinating study of Polarity Therapy, Esoteric Anatomy, and Somatic Psychology that reveals the vital role of energy in the healing arts
Esoteric Anatomy offers a spiritual approach to massage, bodywork, and somatic psychology, demystifying an ancient transpersonal model for understanding energy in nature and working with consciousness in the healing arts. It offers a comprehensive health care system based on understanding the body as a field of conscious energy—a system that promotes healing, health building, and self-actualization. Author and spiritual healer Bruce Burger begins by introducing Polarity Therapy in a series of energy-balancing sessions that can be used in conjunction with other forms of therapy and bodywork. This holistic approach can alleviate physical, mental, emotional, and spiritual suffering, including clearing trauma from the cellular memory of the brain. Next, he turns his attention to Esoteric Anatomy in a section of essays that explore the role of energy—or life force—in the healing arts, drawing from the wisdom of ancient India. And finally, Burger builds upon his studies of Polarity Therapy and Esoteric Anatomy to present a unique system of Somatic Psychology that can promote further healing. Thorough, insightful, and complete with illustrations, Esoteric Anatomy is a fascinating course in energy medicine that can guide you toward better health, personal growth, and spiritual transformation.

Have you ever wondered why you are drawn to certain people, ideas or products and turned off by others? Are you constantly searching for something you can't put your finger on, or wondering whether you are living a life that truly fits?n Archetypes, New York Times bestselling author Caroline Myss delves into the world of archetypes, which have been the subject of her work for more than 25 years. Archetypes are universal patterns of behavior that, once discovered, help you better understand yourself and your place in the world. In short, knowing your archetypes can transform your life.Within the pages of this book, Myss writes about ten primary archetypes that have emerged in today's society: the Caregiver, the Artist/Creative, the Fashionista, the Intellectual, the Rebel, the Queen/Executive, the Advocate, the Visionary, the Athlete, and the Spiritual Seeker. In each chapter, she explains one individual archetype, showing how it has evolved and then in fascinating detail lays out the unique characteristics, the defining graces, the life challenges, and other information to help you understand if you are part of this archetype family and if so, how you can fully tap into its power. She also offers tips and practical advice on how to fully engage with your archetypes. Learning which archetypes best describe you is just the beginning. You can then use this knowledge to make more conscious decisions about everything from careers to relationships, avoiding common pitfalls of your personality type while playing up your strengths. The result is a happier, more authentic you. It's never too late to change your life by embracing your archetypes to the fullest.So are you a Rebel? An Artist? A Visionary? Join us . . . and find yourself.

From the New York Times best-selling author of Sacred Contracts and Anatomy of the Spirit, a timely guide with 100 prayers for entering into a personal relationship with the Divine. *** In her most personal book to date, beloved teacher and best-selling author Caroline Myss draws on her own practice to help us regain our fluency in the language of prayer and renew our connection to the sacred. Infimate Conversations with the Divine offers 100 of Myss's personal prayers as a resource and inspiration to start a prayer practice of your own. Each prayer illustrates a different type of grace that feeds the human soul, from awakening, endurance, and healing, to silence, surrender, and trust. "We are one holy system of life and great cosmic truth, which is that all life-including all of us-breathes together," Myss writes. "I hope this book, these prayers, will bring you comfort and grace, and help you through the difficult times ahead. And I hope they will inspire you to believe that with God, all things are possible."

The bestselling author of The Completion Process offers a blueprint for overcoming loneliness and returning to a place of love, acceptance, and meaningful connection
Following in the footsteps of the success of The Completion Process, bestselling author and modern spiritual leader Teal Swan offers an in-depth exploration and understanding of loneliness. Drawing on her extraordinary healing technique, Teal Swan offers a way to experience connection once again. Loneliness is reaching endemic proportions in our society, reflected by rising suicide rates and increased mental illness. Now, more than ever, we need to find a way to connect. Loneliness is a feeling of separation or isolation. It is not necessarily the same as the physical state of being alone. This book is for people who suffer from loneliness, the kind that cannot be solved by simply being around other people. Their aloneness is a deeply embedded pattern that is both negative and painful; it is often fueled by trauma, loss, addiction, grief and a lack of self-esteem and insecurity. In The Anatomy of Loneliness, Teal identifies the three pillars or qualities of loneliness: Separation, Shame and Fear and goes on to share her revolutionary technique: The Connection Process, a form of intuitive journeying, usually involving two people a "receiver" and a "journeyer". Through a series of exercises each person experiences "walls" and "blockages" as they move through the process both participants face their fears learning from these to reach a place of unconditional love and acceptance.

The Anatomy of Loneliness

A Guide to Balancing the Spiritual, Mental, Emotional, and Physical Aspects of Life

An Integrative Guide to the Human Body

Anatomy of the Soul

Spirituality and Activism in Chicana, Latina, and Indigenous Women’s Lives

The Spiritual Anatomy of Emotion

A Modern Mystic’s Guide to Spiritual Power

Complementary and alternative approaches to health and medicine have become increasingly widespread as the limits of conventional treatments become more apparent. Holistic Anatomy presents an authoritative study of anatomy, physiology, and pathology but expands the discussion by connecting the science of the body to a variety of alternative modalities to explore how human beings exist within—and interact with—their environment, and how they experience existence in emotional and spiritual terms. Basic scientific terminology and detailed descriptions are interwoven with informal, sometimes humorous observations, facts, and ideas about life. The mechanisms, structure, and functions of the body are explored, along with how they relate to spiritual and energetic paradigms, emotions, and ecological principles. The first half of the book covers basic anatomy and physiology, describing each major system of the body and how they interrelate. This part includes a thoughtful discussion of aging and the dying process. The second half focuses on models of health and disease, both traditional and holistic. Topics include western pathology, emotional health, five element medicine, and the spiritual cause for disease.

Explains how to develop the many different levels of being and details ways to achieve a greater balance and wholeness in life

Using cutting-edge research, scientists have made exciting new discoveries about the Vagus Nerve’s role when a person exhibits compassion and empathy toward another. The Vagus Nerve seems to have an ‘intelligence’ of its own and serves the brain as well as critical organs such as the heart, lungs, kidneys, bowels and essentially all the organs of the abdomen. Having a ‘gut feeling’ about something is often reported, even though by conventional thinking, it just doesn’t seem logical. Parallel to modern Vagus Nerve discoveries, the book explores an ancient Proverb: “The spirit of man is the candle of the LORD, searching all the inward parts of the belly.” The question is asked if the Vagus Nerve is the vehicle by which the human spirit expresses itself? And might the human spirit be the portal through which the Holy Spirit interacts with us? As the scriptures state: “He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit, which they that believe on him should receive; for the Holy Spirit was not yet given; because that Jesus was not yet glorified.)” Scientists say the Vagus Nerve is where compassion activates and the scriptures say “But whose hath this world’s good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?” If you’ve had that deep down, intuitive feeling of a still, small voice saying you are much more than just a clump of physical molecules, then this is a must read for you.

Prayer is the key to tapping into the healing energy of the Divine. Yet for many people, prayer has been reduced to a rote practice that has lost its basic meaning and efficacy. In his long-awaited first book for an ecumenical readership, internationally renowned spiritual healer Ron Roth teaches his unique approach to prayer as energy medicine. The Healing Path of Prayer explains in detail the connection between healing, faith, and prayer. Roth shows you how to find your own path to prayer in a way that connects with God’s healing energy. As Roth explains, you can use this energy not only for helping emotional and spiritual wounds that may be at the root of physical malaises. The Healing Path of Prayer gives you specific guidance in setting up a daily healing prayer practice. Through a series of simple, step-by-step meditations, Roth shows you how to celebrate your own sacraments and become a mystic in the course of your everyday life. Each chapter offers a new, higher level of prayer, enabling you to acquire more advanced techniques of focus, intention, and insight. As Roth revitalizes many tired, traditional prayers with his fresh and inspiring reinterpretations from original scripture, he also recounts the dramatic story of when he discovered his healing abilities, as well as true cases of healing in which he has participated. The Healing Path of Prayer is a blueprint for a truly democratic spirituality. Roth’s instruction on how to pray and establish a daily practice of meditation will lead readers into a vital path of everyday mysticism and personal power.

The Body as Consciousness

The Rubber Brain

Archetypes

An Encyclopedia of Your Energetic Anatomy

Deepen Your Connection with the Energy of Creation

Sacred Contracts

Flething the Spirit brings together established and new writers to explore the relationships between the physical body, the spirit and spirituality, and social justice activism. The anthology incorporates different genres of writing—such as poetry, testimonials, critical essays, and historical analysis—and stimulates the reader to engage spirituality in a critical, personal, and creative way.

The anniversary edition of this beloved bestseller is celebrated in Prefaces by Oprah Winfrey and Maya Angelou and contains a new Foreword by the author, website links, and a new Study Guide to help readers find even deeper meaning and fulfillment. The Seat of the Soul encourages you become the authority in your own life. It will change the way you see the world, interact with other people, and understand the world around you. Beginning with evolution, Gary Zukav takes you on a penetrating exploration of the new phase humanity has entered: we are evolving from a species that understands power as the ability to manipulate and control—external power—into a species that understands power as the alignment of the personality with the soul—authentic power. Our evolution requires each of us to make the values of the soul our own: harmony, cooperation, sharing, and reverence for Life. Using his scientist’s eye and philosopher’s heart, Zukav shows us how to participate fully in this evolution, enlivening our everyday activities and all of our relationships with meaning and purpose. The Seat of the Soul has sold millions of copies around the globe, and as it changes lives, more and more people begin to live by the values of the spirit. Indeed, a new world is emerging, and this book brings its message to you.

Introduces a program for self-discovery and divine connection that helps readers determine their higher purpose in life, a process that promotes emotional well-being, healthier relationships, and spiritual rebirth.

Failed an exam, bungled an interview, screwed up a relationship, broken your diet, or stuffed up at work? Yur brain is the key to getting back on track. Change your life for the better. Learn how to ‘rubberize’ your brain, making it more flexible and resilient. Deal with challenges in an optimal way, and ‘bounce’ back from adversity. Your brain controls your conscious thoughts and behaviours, like deciding whether to study or party, or whether to get too close of gelato or six. And when you find yourself doing things that you wish you hadn’t done (like all that gelato), it’s likely your brain has indulged in what psychological scientists call suboptimal thinking. Essentially, your brain doesn’t always deliver the kind of thinking that leads to desired positive outcomes, such as maintaining success and avoiding failure. In this book, five leading psychological educators show you simple tools derived from solid science covering everything from mindfulness to CBT and from emotional regulation to moral reasoning, to optimise your thinking. Using a model they have developed over years of study and application you can discover how resilience and psychological flexibility combine to allow you to choose ways of thinking in response to different situations that will produce the best outcome for you for that situation. Read this book and learn how to optimally tackle issues of motivation, stress, time-management, and relationship maintenance. Your mind will be clearer and your life better.

The Divine Energy of a Giving Heart

Healing Beyond the Bounds of Reason

Yoga Mind, Body & Spirit

Why People Don’t Heal and How They Can

A History of Spirit Communication In Central Canada

The Emotional, Psychological, and Spiritual Responses That Promote Health and Healing

Archetype Cards- A 78 Card Deck and Guidebook

Building on wisdom from Hindu, Christian, and Kaballah traditions, this comprehensive guide to energy healing reveals the hidden stresses, beliefs, and attitudes that cause illness. Anatomy of the Spirit is the boldest presentation of energy medicine to date, written by one of its premier practitioners.

Internationally acclaimed medical intuitive Caroline Myss, who is amongst the “hottest new voices in the alternative health/spirituality scene” (Publishers Weekly). Based on fifteen years of research into energy medicine, Dr. Myss’s work shows how every illness corresponds to a pattern of emotional and psychological stresses, beliefs, and attitudes that have influenced corresponding areas of the human body. Anatomy of the Spirit also presents Dr. Myss’s breakthrough model of the body’s seven centers of spiritual and physical power, in which she synthesizes the ancient wisdom of three spiritual traditions—the Hindu chakras, the Christian sacraments, and the Kabbalah’s Tree of Life—to demonstrate the seven stages through which everyone must pass in the search for higher consciousness and spiritual maturity. With this model, Dr. Myss shows how you can develop your own latent powers of intuition as you simultaneously cultivate your personal power and spiritual growth. By teaching you to see your body and spirit in a new way, Anatomy of the Spirit provides you with the tools for spiritual maturity and physical wholeness that will change your life.

Ginny Nadler has found an important connection between the physical pain you experience and the energetic roadblocks that are deeper in the cell structure, in the very fabric of your being. In Spiritual Anatomy, she presents a powerful approach for unraveling your deeply entangled distortions and bringing your body back into alignment.

It is my ultimate wish to see all people in every land and regardless of their religious affiliation enjoying total freedom from satanic influence and demonic pollution. However, it is not possible. A life without Christ is doomed to daily face crisis. The simple solution to this set back to total dominion is Genuine

Repentance and complete conversion to Jehovah God through Jesus Christ. According to Acts 4: 12 "Neither is there salvation in any other; for there is none other name under heaven given among men, whereby we must be saved."

Ryan and Selena Frederick were newlyweds when they landed in Switzerland to pursue Selena's dream of training horses. Neither of them knew at the time that Ryan was living out a death sentence brought on by a worsening genetic heart defect. Soon it became clear he needed major surgery that could either save his life—or result in his death on the operating table. The young couple prepared for the worst. When Ryan survived, they both realized that they still had a future together. But the near loss changed the way they saw all that would lie ahead. They would live and love fiercely, fighting for each other and for a Christ-centered marriage, every step of the way. Ferce Marriage is their story, but more than that, it is a call for married couples to put God first in their relationship, to measure everything they do and say to each other against what Christ did for them, and to see marriage not just as a relationship they should try to keep healthy but also as one worth fighting for in every situation. With the gospel as their foundation, Ryan and Selena offer hope and practical help for common struggles in marriage, including communication problems, sexual frustration, financial stress, family tension, screen-time disconnection, and unrealistic expectations.

An Autobiography of George Washington

Awakening Your Divine Potential

Prayer to Be Free from the Grip of Spirit Husbands, Marine Wife and Strange Children

Intimate Conversations with the Divine

Heart-Based Meditations for Spiritual Transformation

Why People Don't Heal and How They Can

Fierce Marriage

MacKenzie King did it, so did Susanna Moody. In fact, many Canadians consulted the spirits at part of a religious experience, to seek guidance for themselves and others, and to attempt to learn what lies beyond the grave. Some came to the seance room to hear ancient wisdom while others came to understand the nature of psychic phenomena. Like the mechanisms that produced the flashing lights, cool breezes, and whirling trumpets that materialized in the presence of the medium, their beliefs and experiences have been mostly hidden, until now. In this first full-length study of Canadian spirit communication, Stan McMullin has drawn upon seance notes, letters, diaries, and special collections to create a fascinating picture of how educated people were drawn to spiritualism and psychic research. Anatomy of a Seance shows that for many Canadians attempting to sort out their religious beliefs and find an acceptable marriage between religion and science the seance room provided an alternative to formal religious dogma. Despite the opposition of mainline churches, spiritualism offered the possibility of a "scientific" religion that could prove the existence of heaven.

A bold account of the development of human consciousness and spirituality over the ages and an examination of the dynamic global transformation of attitudes about healing. For more than fifteen years, Caroline Myss has studied why some people heal, while others do not. In her previous book, Anatomy of the Spirit, Dr. Myss illuminated the hidden interactions of belief and body, soul and cell to show how, as she inimitably puts it, "your biology becomes your destiny." In Why People Don't Heal and How They Can, she builds on her earlier teachings of the seven different energy centers of the body to provide a vital self-healing program for physical and spiritual disorders. With her characteristic no-nonsense style and high-voltage storytelling, she exposes and explores the five myths about healing, explains the cultural and individual contexts in which people become physically and spiritually ill and invested in "woundology," and teaches new methods of working with the challenges that the seven energy centers embody. To help you get and stay on the path to wellness, Dr. Myss provides rituals and prayers for gaining a special perspective on your life issues; for bolstering your personal power; and for connecting with a universal divine energy. Dr. Myss's breakthrough views on energy medicine and her active approach to healing life issues and physical illness will help you overcome the mental blocks that keep you from becoming well.

Essential ThetaHealing® handbook for practitioners explaining how we can connect with the Creator for spiritual elevation. When we enter a theta brain state, we can connect to the Creator of All That Is. Discover how to improve this connection to achieve deep inner healing. Founded by Vianna Sibal, ThetaHealing® is a powerful healing modality through which we can change limiting beliefs to receive deep emotional and physical healing. While in the Theta state, we're able to connect with the divine energy that flows through all things. The Creator of All That Is. Vianna is often asked: "How do I know I'm connected to the Creator, or if it's just my own thoughts?" The true answer is that to know the difference between your thoughts and divine inspiration, you must first understand yourself. This in-depth guide for ThetaHealing practitioners will teach you how to experience knowing yourself on an intimate level, so you can recognize this difference and establish clear and enlightening communication with the Creator. Vianna shares powerful teachings, downloads, exercises, and her own experiences to illustrate how to recognize the belief systems, inner aspects, and subconscious selves preventing you from fully bonding with the energy of the Creator, and how to navigate and understand your own mind. The Creator always communicates from a place of unconditional, perfect love, and Vianna details a powerful road map for experiencing and strengthening this connection, so that you too can become limitless.

Since the Industrial Revolution, the peoples from Western civilizations had developed a more mechanistic point of view of the world. As our knowledge of physics and chemistry grew; and with the advent of the steam engine, we started to see the universe and all life in it as a big mechanical machine constructed from chemical elements. Our knowledge has kept on increasing with discoveries about electricity, electronics, information and communication science, computer science and nanotechnology, and especially quantum theory, and holography. We had a whole paradigm shift, and have since developed tools like general systems theory, cybernetics, and chaos theory that are directing our approach to these new, technological developments. The mechanistic worldview of Isaac Newton and Rene Descartes has become utterly, untenable and we have to reform our world perspective and probably develop a more holistic view of our world and belief systems.

Digital Afterlife and the Spiritual Realm

Reflections on Healing and Regeneration

Realigning Body and Soul

ThetaHealing®: You and the Creator

How to Find Your Way Back to Connection

Vagus Nerve Compassion Portal

The Seat of the Soul

Welcome to the first comprehensive encyclopedia of the human energetic anatomy. Here is a reference that no personal or professional health-care library should be without—an in-depth, illustrated guide to the invisible energies of the spirit, psyche, and consciousness that influence every aspect of our well-being. Whether you are looking for the right complementary medicine to enhance your own healing practices, seeking perennial wisdom about your body’s energetic nature from traditional, or exploring the quantum edge of intention-based care, The Subtle Body is an indispensable companion for exploring virtually any facet of holistic healing. Created for healing professionals and patients alike, this volume provides a lexicon of terms, illustrations, and detailed entries about our energetic biology and how it relates to our physical being. This invaluable information will help you enhance any form of health care and give you the knowledge you need to develop an integrated approach for your clients’ well-being—or your own. All healers are "energetic" healers, whether they know it or not. Because every health issue has a physical and an energetic component, even a simple physical treatment like bandaging a cut also impacts the body’s spiritual, mental, and emotional welfare. The Subtle Body is a comprehensive encyclopedia devoted to the critical world of our invisible anatomy, where so much of healing actually occurs. Compiled by intuitive healer and scholar Cindy Dale, this 500-page full color illustrated reference book covers: What is the "subtle body"? New scientific understanding of our quantum-state existence and the unseen fields that determine our physical condition True integrative care: how combining Eastern energetic modalities with Western scientific rigor yields optimum results The meridians, fields, and chakras: detailed information and diagrams about the role of these energetic structures in our overall health Energy-based therapy principles from the world’s healing traditions—including Ayurveda, Qigong, Reiki, Qubalah, and many more For professionals who want to make the leap from being good healers to great ones, one thing is clear: we need to care for every facet of our well-being. With The Subtle Body, practitioners and patients alike now have an unprecedented resource for understanding the physical, energetic, and spiritual elements of human health—for an informed, complete approach to healing.

This volume is a much-needed exploration of contemporary theories on psychotherapy and spirituality, moving away from the more traditional, non-spiritual aspects of psychoanalysis and psychotherapy. The book consists of a dialogue between the opposing sides; most of the papers have responses from the "other" side. This dialogue mirrors the early communication between Freud and Jung regarding spirituality, and opens up doors for continuing collaboration between psychoanalysis as a pure science and the spiritual and religious dimensions within. This inspiring collection of papers grew from the lectures held in 2002 at the London Centre for Psychotherapy. In the time of increased interest in more scientific schools of psychoanalysis such as neuropsycho-analysis, there is also a surge of interest in spirituality within psychoanalysis, as demonstrated by the great interest in these lectures.

Have you ever asked yourself what changed when you were "born again?" You look in the mirror and see the same reflection - your body hasn't changed. You find yourself acting the same and yielding to those same old temptations - that didn't seem to change either. So you wonder, Has anything really changed? The correct answer to that question is foundational for receiving from God. If you lack this basic understanding, you'll forever ask yourself doubt-filled questions like: "How could God love somebody like me?" and "How can I possibly expect to receive anything from the Lord? I don't deserve it, I'm not good enough!" Spirit, Soul, and Body will help you eliminate those and other doubt-filled questions that destroy your faith. If you have trouble receiving from God, this is a must-read!

A cutting-edge examination of feelings, not thoughts, as the gateway to understanding consciousness • Contains that emotion is the greatest influence on personality development • Offers a new perspective on immunity, stress, and psychosomatic conditions • Explains how emotion is key to understanding out-of-body experience, apparitions, and other anomalous perceptions Contemporary science holds that the brain rules the body and generates all our feelings and perceptions. Michael Jawer and Dr. Marc Micozzi disagree. They contend that it is our feelings that underlie our conscious selves and determine what we think and how we conduct our lives. The less consciousness we have of our emotional being, the more physical disturbances we are likely to have--from ailments such as migraines, fibromyalgia, chronic fatigue, and post-traumatic stress to anomalous perceptions such as apparitions and involuntary out-of-body experiences. Using the latest scientific research on immunity, sensation, stress, cognition, and emotional expression, the authors demonstrate that the way we process our feelings provides a key to who is most likely to experience these phenomena and why. They explain that emotion is a portal into the world of extraordinary perception, and they provide the studies that validate the science behind telepathic dreams, poltergeists, and ESP. The Spiritual Anatomy of Emotion challenges the prevailing belief that the brain must necessarily rule the body. Far from being by-products of neurochemistry, the authors show that emotions are the key vehicle by which we can understand ourselves and our interactions with the world around us as well as our most intriguing--and perennially baffling--experiences.

A novel

A Return to Wholeness

Spirit, Soul, and Body

The Creation of Health

Surprising Connections Between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships

The Seven Stages of Power and Healing

Flething the Spirit

"A must-read for anyone interested in incorporating meditation into their lifestyle." –Sanjay Gupta, MD, chief medical correspondent for CNN Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person’s faith. Our modern, fast-paced world can be an overwhelming place. Every day, we’re bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji’s own combination of approaches and practices for the modern seeker—which draws from the teachings of Sahaj Marg, meaning “Natural Path”—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, The Heartfulness Way goes further, providing a pragmatic course to experience those states for oneself, which, per the book’s guiding principle, is “greater than knowledge.” Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you’ll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

Tells of how engaging to the fullest a patient’s own capabilities for overcoming illness resulted in a recovery from a crippling and supposedly irreversible disease.

Scribe Edith Ellis met the spirit of George Washington one evening in 1955. He contacted her from the Other Side to ask if she would serve as a channel so that he could dictate his autobiography for his “fellow American Patriots,” believing that he had kept his personal feelings about his life far too private. Edith agreed, although she was nearly blind and in her mid-70s. So began a most extraordinary partnership between Edith Ellis and the “Founding Father of America.” The result is this remarkable book that has taken more than 60 years to reach the public. This book is a must-read for everyone who feels the spirit of the Founding Fathers surrounding us again.

The author of Yoga Journal’s most-read column presents the first holistic guide to yoga A user-friendly guide illustrated with 240 two-color photographs and illustrations, Yoga Mind, Body & Spirit sets forth the tenets of this gentle yet rigorous exercise as no other book has. Integrating the teachings of every tradition, internationally renowned yoga instructor Donna Farhi reveals how yoga enhances the connections between the mind, body, and spirit. She outlines the seven simple movement principles that underlie all human motion and provides exercises to help readers understand how they can achieve all yoga postures. She also discusses the ten ethical precepts that are the foundation of all yoga teachings and explains how to incorporate them into a spiritually and emotionally rewarding inner practice. At the heart of Yoga Mind, Body & Spirit are more than seventy-five yoga asanas or postures. Each is one pictured and described in detail, and they are arranged into related groups—including standing postures, sitting postures, arm balances, and breathing practices--or easy reference. A selection of yoga practices of varying lengths and levels of difficulty provides challenges and inspiration for beginner, intermediate, and advanced students. A huge resurgence of interest in yoga is sweeping the country. With its broad scope and holistic approach, Yoga Mind, Body & Spirit is the ideal book for today’s mainstream audience.

Soul Anatomy

An Anatomy and Physiology of the Human Spirit

Anatomy of the Spirit

The Boy and the Boy King

The Anatomy of God’s Link Within Our Spirit

Anatomy of the Spirit and Why People Don’t Heal and How They Can

Anatomy of an Illness as Perceived by the Patient

Wonder and imagination are at the heart of this story of a friendship between a boy from New York City and the boy king, Tutankhamun A boy and his stuffed bunny gaze at a star-lit New York cityscape. The great Sphinx of Egypt sleeps. A child swings joyously across a river. This book offers a tantalizing glimpse of the adventures of Arthur and his imaginary friend, Bum-Bum. Together they travel through the Temple of Dendur at the Metropolitan Museum to another time and place and befriend the lonely boy king, Tutankhamun.

WINNER OF THE RSL ONDAAATJE PRIZE 2019 AN ECONOMIST BOOK OF THE YEAR A CBC BOOK OF THE YEAR The extraordinary story of an indomitable 95-year-old woman – and of the most extraordinary century in Ethiopia’s history. A new Wild Swans

Do you want to improve your relationships and experience lasting personal change? Join Curt Thompson, M.D., on an amazing journey to discover the surprising pathways for transformation hidden inside your own mind. Integrating new findings in neuroscience and attachment with Christian spirituality, Dr. Thompson reveals how it is possible to rewire your mind, altering your brain patterns and literally making you more like the person God intended you to be. Explaining discoveries about the brain in layman’s terms, he shows how you can be mentally transformed through spiritual practices, interaction with Scripture, and connections with other people. He also provides practical exercises to help you experience healing in areas where you’ve been struggling. Insightful and challenging, Anatomy of the Soul illustrates how learning about one of God’s most miraculous creations—your brain—can enrich your life, your relationships, and your impact on the world around you.

New York Times best-selling author Caroline Myss draws from her years as a medical intuitive to show that healing is not only physical; it is also a mystical phenomenon that transcends reason. Inspired by ordinary people who overcame a wide array of physical and psychological ailments - from rheumatoid arthritis to cancer - Caroline dove into the works of the great mystics to gain a deeper understanding of healing’s spiritual underpinnings. Based on these studies, she demonstrates how conventional and holistic medicine often fall short in times of need. Both systems rely upon a logical approach to curing illness when there is nothing reasonable about the emotional, psychological, or spiritual influences behind any ailment. Integral to this mystical healing approach is the engagement of the soul, which we experience through exploring our seven shadow passions, building an empowered inner self around our seven inherent graces, and learning how to work with the mystical laws that govern it. This knowledge holds the key to understanding what it means to defy gravity and break through the boundaries of ordinary thought. You can heal any illness. You can channel grace. And you can learn to live fearlessly. New

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Defy Gravity

Finding Peace, Hope, and Joy in the Psalms

Ten Lectures on Psychotherapy and Spirituality

Who Are You?

Invisible Acts of Power

How Findings Link the Brain, the Body, and the Sixth Sense

Radically Pursuing Each Other in Light of Christ’s Hopeless Love

Anatomy of a Soldier is a stunning first novel-of patriotism, heroism, and profound humanism—that will immediately take its place on the shelf of classics about what it truly means to be at war. Let’s imagine a man called Captain Tom Barnes, aka BA5799, who’s leading British troops in the war zone. And two boys growing up together there, sharing a prized bicycle and flying kites before finding themselves estranged once foreign soldiers appear in their countryside. And then there’s the man who trains one of them to fight against the other’s father and all these infidel invaders. Then imagine the family and friends who radiate out from these lives, people on all sides of this conflict where virtually everyone is caught up in the middle of something unthinkable. But then regard them not as they see themselves but as all the objects surrounding them do: shoes and boots, a helmet, a bag of fertilizer, a medal, a beer glass, a snowflake, dog tags, and a horrific improvised explosive device that binds them all together by blowing one of them apart—forty-five different narrators in all, including the multiple medical implements subsequently required to keep Captain Barnes alive. The result is a novel that reveals not only an author with a striking literary talent and intelligence but also the lives of people—whether husband or wife, father or mother, son or daughter—who are part of this same heart-stopping journey. A work of extraordinary humanity and hope, created out of something hopeless and dehumanizing, it makes art out of pain and suffering and takes its place in a long and rich line of novels that articulate the lives that soldiers lead. In the boom of an instant, and in decades of very different lives and experiences, we see things we’ve never understood so clearly before.

How do you worship when you’re depressed? Where do you find words to express inexpressible joy? What do you pray when you need hope? Soul Anatomy is a biblical guide for working through emotional turmoil in a gospel-centered way. It shows how the Psalms serve as a God-authored script by which to express every category of the human experience. The Bible’s inspired hymnbook guides believers through the highest summits and lowest troughs of life and invites the not-yet-believer to a Redeemer who ultimately experienced all of the emotions of these prayers in his incarnation. Author George Robertson enables readers to find a sympathetic Savior in the Psalms who experienced every human emotion, and he helps men and women see the God-inspired vocabulary for expressing every feeling to the Father. Soul Anatomy helps men and women respond to the love of God in all the ways the psalmists do: spiritually, vocationally, physically, and volitionally. As divinely inspired prayers, God offers the vocabulary he welcomes from us when we do not know how to pray. Discover the heart of Jesus through the prayers of Jesus, the high priest who can sympathize with us.

From the foremost authority on energy medicine are two "New York Times" bestselling books gathered together in one volume. In this collection Dr. Myss provides the tools and encouragement to reach spiritual maturity and physical wholeness. -In ANATOMY OF THE SPIRIT, Dr. Myss shows how people can develop their latent powers of intuition to achieve spiritual growth -In WHY PEOPLE DON'T HEAL AND HOW THEY CAN, Dr. Myss examines the five myths about healing and explains how to attain spiritual and physical wellness

For more than two decades, internationally renowned pioneer in energy medicine Caroline Myss has been studying how people use their personal power. Through her special brand of spiritual insight and intuition, her popular workshops, and her bestselling books, Myss has helped hundreds of thousands of people meet the lifelong challenge of managing their spiritual energy and improving their lives. Now, in this inspiring new book, Myss expands her message about power in an entirely new spiritual direction. With characteristic originality, she explains how we become channels for divine grace and a conduit for miracles through kind, compassionate, generous actions, or, as she calls them, invisible acts of power. When we act compassionately, without a private agenda or expectation of credit or reward, God works invisibly, anonymously through us. And as we move from visible acts, such as giving a friend a helping hand, to invisible acts, such as prayer and healing, we undergo a profound journey of personal empowerment. The myriad simple but profound ways that people connect to create small miracles, gain a greater sense of spirituality, and transform their own -- and others' -- lives in an instant will inspire you to your own invisible acts of power... and attract them to you.

The Four Levels of Healing

Esoteric Anatomy

Spiritual Anatomy

Anatomy of a Seance

The Subtle Body

The Heartfulness Way

Anatomy of a Soldier

Few religious leaders have examined the potential for the positive impact of digital media and digital immortality creation in religious contexts. It is evident that there have been recent moves away from traditional funeral services focusing on the transition of the deceased into the future world beyond, towards a rise of memorial content within funerals and commemorative events. This has heralded shifts in afterlife beliefs by replacing them, to all intents and purposes, by attitudes to this life. Digital Afterlife and the Spiritual Realm explores the ways in which digital media and digital afterlife creation affects social and religious understandings of death and the afterlife. Features Understands the impact of digital media on those living and those working with the bereaved Explores the impact of digital memorialisation post death Examines the ways in which digital media may be changing conceptions and theologies of death For many people, digital afterlife and the spiritual realm largely remains an area that is both inchoate and confusing. This book will begin to unravel some of this bafflement.

Anatomy of the SpiritThe Seven Stages of Power and HealingHarmony

A collaboration between a traditionally trained physician and a medical intuitive, The Creation of Health illuminates the deep connection between emotional dysfunction and physical illness. It describes the role that emotional disturbances play in the most common diseases and ailments from the common cold to arthritis, diabetes, heart disease, and cancer. After providing an introduction to intuitive medicine and its history, method of diagnosis, and relationship to traditional medicine, Myss and Shealy detail the deeper emotional and psychic reasons why illness develops in the body. Dr. Shealy offers a traditional account of a particular disease or ailment, while Dr. Myss sheds light on the deeper causes through her corresponding energy analysis. Confirming the link between illness and emotion, The Creation of Health puts forth a groundbreaking vision of holistic healing.

Describes a seven-step process for promoting physical, emotional, and spiritual healing, offering a detailed introduction to the new field of energy medicine

Prayer, Guidance, and Grace

A toolkit for optimising your study, work, and life!

A Holistic Quest to Understand the Human Soul, Mind, and Consciousness

The Healing Path of Prayer

Holistic Anatomy

Deliverance from Water Spirit