

Kabbalistic Healing A Path To An Awakened Soul

"The horse makes me better." Sallie Stewart suffered a traumatic brain injury when her Andalusian stallion, Escogido XXV, lost his footing and fell over while she was riding him. Sallie hit the ground first, and then Esco landed on Sallie's head, causing facial fractures and a brain injury that dramatically changed her life. A successful real estate broker and dressage rider at the time of the accident, Sallie had been leading a happy life with her husband, children, and four horses. After Esco fell on her, she lost her memory, her balance, and her ability to perform the most basic tasks. She couldn't hold a job or shake the overwhelming fear that replaced the confidence she once felt. While her husband and sons taught her to walk, talk, dress, and feed herself, Sallie's greatest healing was still to come. With her personal life in disarray and her family's finances in tatters, Sallie was contemplating suicide when she received a life-changing phone call from her dressage coach, Mike Osinski. Osinski calmed the traumatized horse and challenged Sallie to

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conquer her fears. As she progressed in her lessons, Sallie recovered her memories and developed a new sense of self. She discovered that her deepest healing took place on the back of the very horse that had fallen on her. "Escogido XXV: The Chosen" tells the story of a courageous woman, a compassionate trainer, an extraordinary horse, and their determination to heal their accidental wounds.

An ancient tradition rooted in the heart of Jewish mysticism, the Kabbalah has been revised and adapted over the centuries; its teachings explore the power and breadth of human existence. This exhaustive guide provides an overview of Kabbalistic healing and provocative revolutionary lessons to enhance your spirituality and attain a greater sense of wholeness and balance—including how to deal with pain, disease, and the healing process. Written with depth and compassion, and featuring illustrations that clearly explain the world of Kabbalistic thought, Kabbalistic Healing will help you understand your physical body, your psychology, and your relationship with others and lead you on a path toward increased wisdom and clarity. Transforming Fear and Anxiety is a ground

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breaking blend of Universal Spirituality, New Age Philosophy, 12 Step Recovery knowledge, A Course in Miracles wisdom and real life Courage. This book is a must read for those who want to get rid of anxiety and irrational fear based thinking and create a new positive way of thinking and living! It is a practical primer and an easy read. It motivates, inspires and encourages the reader to make the changes needed to decrease anxiety and fear, transforming the reader into an empowered new place while bringing the reader to a place of mind-body-spirit healing. It has been noted for centuries that the healing potential of Kabbalistic principles face disease and establish the interconnection between body organs, emotions, and spiritual well-being. Now you can use that knowledge to improve your own psyche and physical and spiritual condition. With 33 beautiful Hebrew letter cards and a comprehensive guide that offers a holistic approach to healing, evolution, therapeutic healing, and transformation, find the insight via 22 healing paths to your own psychological freedom. Additionally, because each letter in the Hebrew alphabet considers the aspects of sound, a CD providing specialized music to use during

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therapeutic sessions is included and opens with the correct pronunciation of the Divine Names of the Sephiroth of the Tree of Life. This all-inclusive compilation can be used as a transformative tool during difficult times and provides effective healing power and self-awareness. Includes cards, book & CD.

The Sacred Wound

Healing Hearts

Thien Tong Qua Bo Kia

Psychological Healing Practices from the World's Religious Traditions

Kabbalah and the Power of Dreaming

Modern Psychology and Ancient Wisdom

A Journey to Healing, Optimism, and Positive Energy

This book is a detailed depiction of the "cuts" that people incur or will incur over the course of their lives, and how those "cuts" subsequently shape their lives. (Cuts are hurts, experiences, tragedies, and/or various pains incurred). Unfortunately, people will inevitably incur hurts and pains in life, which most are beyond their own control. One simply cannot control what happens to them at the hands of another. People hurt other people. It's not so much the hurt that causes the

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problem, but more so the effects of the hurt. Oftentimes, people ignore the hurt. They try to live their lives as if the hurt never occurred. Many are oblivious to their deep hurt because they've mastered the art of disguising the pain. The problem ensues when the severely wounded people interact with others, then they subsequently inflict others with the residual hurt that they've been harboring. Because of this, many fail to realize that they've been "cut" and are in need of healing. The purpose of this book is to aid in identifying and healing cuts from one's life (including their past, present, or possibly their future), as these cuts will affect one's life in some regard. Oftentimes, people need healing to recover from some trauma or tragedy that they've endured, yet they're too afraid to ask for help. Many internalize their feelings, never properly articulating their mental anguish, ultimately forsaking the need and opportunity to heal. It's the lack of healing that causes people to hurt others or live unhappy lives. This book was written to aid people with

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identifying their hurt, their need for healing, and ultimately helping them to heal and subsequently live their best lives.

On The Road To Healing is a pro-feminist anthology for men against sexism. Originally published as a series of zines between 1995 and 2004, the works inside have served as a resource and as a challenge to all men who want a world that is free from oppression and war. Contributors include Sam Pullen, Donald Cavanaugh, Jeff Ott, Tony Switzer, Loolwa Khazzoom, Chris Dixon, Qwo-Li Driskill, Ahimsa Timoteo Bodhrán, Cameron Bustamante, Todd Denny, Basil Shadid, billie rain, Chris Crass and Michael Flood.

Kabbalistic Healing shows how the Kabbalah--the Jewish mystical path--can kindle the central fire in our being so that we can unite with the divine. As we deepen our understanding of ourselves and enhance our ability to hold new states of consciousness, we become able to live in God as a fish lives in water.

Although Kabbalah has made a dramatic

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entrance into pop culture over the past decade, authentic Kabbalah is an ancient discipline dating back over 3,300 years. This deeply esoteric, mystical branch of Judaism has been handed down by word of mouth throughout the generations and came to written form in the second century by Rabbi Shimon bar Yochai. Kabbalah's purpose is to give profound inner meaning to written Scripture and attempt to describe the transcendent nature of a formless, infinite God as He relates to His finite creations. You might ask, "What's a nice, serious subject like Kabbalah doing in a book like this?" The answer lies in Kabbalah itself. Laughter is an involuntary reflex that transcends reason and lifts us above our physical state, allowing for an unselfconscious connection with something beyond the self - God, for example. A joyful person is open, available and willing to entertain concepts that don't necessarily fit a logical paradigm. So jokes can become vehicles through which we can contemplate the divine. If this sounds intriguing, have I got a joke book for

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you!

I Am Adam I Am Eve

The Miracle That Is Your Life

Awakening the Visionary Life

Healing After Loss

Crazy World, Peaceful Heart

The Sacred Tradition of the Hebrew Sages

Life Lessons and the Path to Healing

A gifted healer and highly respected rabbi spells out, step-by-step, 61 powerful meditations, intentions, prayers, visualizations, and blessings from Kabbalah. These are based in first feeling divine life-force in oneself, then directing it to heal physical or mental maladies in oneself or others. With entertaining anecdotes and engaging style, Goldhamer offers empowering understanding and ethical guidance to help you be an instrument of energies that can heal anything from depression to cancer.

"Kabbalistic symbols and the energy exercises 'synch up' amazingly well to create a unique field of high vibration."—Donna Eden, renowned healer, author of *Energy Medicine*, and creator of *Eden Energy Medicine Heal Yourself, Heal the World* Combining the mysticism of Kabbalah with energy medicine and physical movement, this hands-on guide presents many unique and user-friendly practices. *Energy Healing with the Kabbalah* helps you to achieve personal growth as you explore universal ideas of oneness, healing, and holding opposites in balance. Discover new meaning in the unpronounceable holy name of God. Explore the special relationship between the in-dwelling God-presence called

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the Shechina (the divine feminine) and the transcendent Kadosh Baruch Hu (the divine masculine). Elevate modern and traditional energy techniques with kabbalistic symbolism and practice exercises for grounding, creating boundaries, connecting to the cosmos, sacred sex, and more. This illuminating book shows how to heal yourself, your relationships, and even the world. Praise: "This book should shine the light of Jewish mysticism out into the world and impact it for good."—Sarah Yehudit Schneider, author of *Kabbalistic Writings on the Nature of Masculine and Feminine*

The ancient book of instruction for humanity. Tzadik Nistar translates as 'Hidden Righteous One'. Thought lost to the ravages of history, the Tzadik Nistar took on a very different mysticism. Now, available to the world as the original instruction given to humanity by God.

This beautifully written book wraps its arms around you like a comforting, wise mother. You'll feel calmer just reading it; however it also offers a variety of simple and practical activities to help you recapture a sense of peace in this hectic world in which we live." Debbie LaChusa, author of *Breaking the Spell: The Truth About Money, Success, and the Pursuit of Happiness*

Crazy World, Peaceful Heart inspires you with accessible wisdom and tools to befriend your body, mind, and spirit. Sharon Rosens healing muse is a precious gift to your life. Laura Alden Kamm, author of *Intuitive Wellness*

Ever wish you could stop the world for just a little while? Do you get frustrated trying to figure out why you can't hold on to the peaceful moments for very long? *Crazy World, Peaceful Heart* provides a path to the peace you seek. Along the way, you will learn why "falling off the path" is an important and unavoidable piece of the journey and why true balance often feels so elusive.

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Remember Who You Truly Are
Lord Deliver Me from Negative Health Talk
Transforming Fear and Anxiety Into Power
The Path to Higher States of Consciousness
Identifying and Healing "Cuts" That Shape Our Lives
A Scientist's Spiritual Experience
Learning Kabbalah Through Humor

Harness the psychospiritual healing potential of prayer, meditation, breathing, and more! This thoughtful anthology illuminates ancient ways of psychospiritual healing. Research has shown the healing potential of prayer, meditation, controlled breathing, and other timeless spiritual disciplines. This extraordinary book brings together experts who explore these concepts from the perspectives of Christianity, Buddhism, Sufism, the Goddess tradition, Judaism, Native American spirituality, Taoism, and Hinduism/Yoga. In Modern Psychology and Ancient Wisdom: Psychological Healing Practices from the World's Religious Traditions, you'll discover ancient techniques used by teachers, guides, and practitioners through the ages to facilitate psychological healing. Each chapter of this unique book presents a unique and distinctive view of psychospiritual practice and demonstrates its healing applications. With it, you

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will explore: the Buddhist concept of Brilliant Sanity and how to help clients reconnect to it through several specific practices ways of accessing the healing power of Christ as employed by various denominations a remarkable collection of metaphors in the Goddess tradition to help in the healing process for battered and abused women Kabbalistic (Jewish mystical) paths to healing Native American healing rituals and tales Sufi stories, poetry, and practices--dance, sound, breathing, turning, walking meditation, and remembrance--that encourage the healing process health and healing resources from the Taoist tradition, including wu-wei (effortless effort), acupuncture, diet and nutrition, and meditation Hindu yoga techniques that employ physical postures, mantric sound, and breath control and much more! Modern Psychology and Ancient Wisdom is a book that offers important help to the layperson, psychologist, pastoral caregiver, and professor. It will help religious leaders understand more about the practices of other faiths. It is in harmony with the movement of our post-modern world toward multicultural perspectives, offering a large, varied, and meaningful view of the world. Each and every one of us was born to live

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a miraculous life. And never before has it been easier to tap into the magic and miracles life has to offer. The Miracle That Is Your Life will take you on a journey of exploration and discovery, offering you simple ways for you to adjust, finally being able to experience the life you have only been able to dream of. Maybe you've been working hard, but your bank account does not reflect your efforts. Maybe you have gone through a break-up and wondering what may be next for you. Or possibly you've been taking care of so many other people and other responsibilities, that you are concerned about your health. Whatever your circumstances, this book is going to help you gain your clarity and position you to take your next steps. If there has been a feeling in your gut, a pull in your heart, and the very fact you are reading this description, allow Wendy Darling to show you the way. Not only is there something more for you to experience, you can finally get on the path of living a most special and miraculous life. Start turning those dreams and desires into reality....right now!

Rabbi Shefa Gold, beloved teacher of chant, Jewish mysticism, prayer and spirituality, introduces you to this

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transformative spiritual practice as a way to unlock the power of sacred texts and take prayer and meditation into the delight of your life.

Have you ever wondered what it would be like to heal yourself? Well, now you can. In this book, Abby Wynne, MSc, teaches you simple techniques to connect to a source of healing energy that we all have access to. You need never feel out of control, stressed or panicked again. Over time, by using these techniques, you will feel more emotionally balanced, more confident and happier with life. Abby uses a mixture of visualisations and meditations to help you connect to a source of healing energy. She explains grounding, shows you how to do it, and tells you why you need to! Abby also teaches how to send loving energy to your friends and family. And if that wasn't enough, there are twenty six additional exercises for morning, afternoon, evening and at night time to bring energy healing into every hour of your day.

Tarot and the Gates of Light

A Journey into the World Within

Your Ultimate Life Plan

The Chosen

Living Energy

Hey Waiter... There's God in My Soup!

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Escogido XXV

Every human being suffers pain in life. No one's life is devoid of suffering. Be it in the form of heartbreak, traumatic event or setbacks. From all these the soul requires healing. Lessons are to be drawn from them with a need to move on and evolve. But sometimes incidents damage us in ways which require rehabilitation. But few sources are there to address them and offer rehabilitation. This is a book that gives a message of consciousness and the realization of one's talents and potentialities to fulfill them. It's a thrilling tale of a woman who quests to find inner satisfaction and in the process touches lives of many, a journey of love and self-discovery. Though a work of fiction, it is inspired by true events which offer healing to the soul. It is narrated with prose and poetry which will engage the readers and also satisfy literary readers. The book involves 3 main characters of different occupations and ethnic origins who go through different hardships suffering heartbreaks, abandonments, compromises, and breakthroughs during their quest for a deeper meaning of life. In the course of their adventures love, consciousness, happiness, healing, Africanism, masculinity, feminism, polygamy, religion, vulnerability, and maturity are discussed. Ultimately, life lessons are learned from this entire phenomenon where love and self-actualization prevail. The author Benyf, a former Morris Brown College student, a graduate of Fisk University and of Georgia State University gives a heart-written

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narration with the purpose to heal others' hearts, a road map for the next generation. Psychological ideas such as self-actualization, identity crisis, consciousness, and change are explored. It's a reflection on feminism and evolution with important life lessons to be learnt. Furthermore, the book offers its services for everyone, male or female, universal or unique. Take a dive into this world of Beny to enrich and revitalize soul.

This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you.

You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you... You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to

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genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

An innovative, spiritual workbook that integrates the Tarot and the Kabbalistic tradition of Counting the Omer • Explores the origins and meaning of the 49-day Kabbalistic meditative practice of Counting the Omer and how it can lead to spiritual revelation, personal insight, and connection with the Divine • Reveals the correspondence of the Tarot's minor

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arcana with the Sephirot of the Tree of Life and explains how both relate to the Omer meditation • Provides a daily practice workbook that explores the related Sephirot and Tarot cards for each day, examines their Kabbalistic and spiritual meanings, and provides questions for daily reflection and meditation guidance The 49-day mystical practice known as Counting the Omer is an ancient Jewish ritual observed between the holidays of Passover and Shavuot (also known as Pentecost). As practiced by Kabbalists, it is designed to cleanse and purify the soul in preparation for spiritual revelation and a personal connection with God. The ritual creates a spiritual inner journey that follows the path of the ancient Israelites from the moment of their physical freedom from slavery in Egypt to the establishment of their spiritual freedom forty-nine days later when they arrived at Mt. Sinai. Adeptly integrating this mystical practice with the transformative symbolism of the Tarot, Mark Horn uses the ritual of Counting the Omer as a template for a guided meditative practice that gives readers insight into their personal life journey and help in overcoming the issues that hinder their growth and spiritual awakening. Examining the correspondence of the Tarot's minor arcana with the Sephirot of the Kabbalistic Tree of Life, he shows how using the cards in connection with Counting the Omer can unlock the gates to a deep experience of the sacred. In the detailed daily practice workbook section, Horn provides day-by-day descriptions of the 49-day

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meditative practice of Counting the Omer. He divides the journey into seven week-long segments, which in turn are broken down into seven daily practices. For each day, he explains the related Sephirot and Tarot cards and their Kabbalistic and spiritual meanings, providing the reader with questions for daily reflection, guidance for meditation, and insight from traditional Jewish texts as well as teachings from Christian, Buddhist, Hindu, and Muslim traditions. Unveiling the relationship between Tarot and the Kabbalah, Horn shows readers how uniting these two practices can open them to a deeper experience of the Divine.

Charming, practical and resourceful. This book is very helpful to all meditation practitioners, beginners and experienced alike. The author reveals many ways to practice mindfulness for children, pregnant women, soldiers... -- and the way how to keep a natural awareness in our daily lives. This book also explains about two sets of suttas that were recited as daily chanting sessions by many sangha members in the early years while the Buddha still wandered on earth. The author also reveals clearly the bridges among different Buddhist meditation traditions. Loi cuon, thuc dung va nghien cuu phong phu. Sach nay rat co loi cho tat ca nhung nguoi tap thien, du la moi tap hay da co nhieu kinh nghiem. Tac gia noi ve nhieu phap tap chanh niem doi voi tre em, thai phu, chien binh... -- va phuong phap giu su tinh thuc tu nhien trong doi song hang ngay. Sach nay cung noi ve hai nhom Kinh Nhat Tung So Thoi

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duoc mot so vi trong tang doan tung doc hang ngay trong cac nam dau, khi Duc Phat con dang di hoang phap. Tac gia cung noi ro rang ve nhung soi chi xuyen suot giua nhieu truyen thong thien tap Phat giao khac nhau.

Healing from the Death of a Child

From the Companion Series

6 Core Practices for Cultivating Joy and Resilience

11.11.11 After So Many Years of Tears

A Collection of Esoteric Essays

Spirituality Without God - Without Religion - Without Fear

The Healing Power from God

There's a sacred and hidden path inside each one of us a path of mysteries and amazing manifestations, where nothing is impossible, not even our wildest spiritual creations. This is the realm of impossibilities, where imagination is carried away by a spiritual insight, which is here referred as the phoenix. The allegory inside this book takes us to a subconscious realm, that can lead us to the most uplifting and unknown side of ourselves, but also to other realities as well, namely, the ones that are parallel to ours, and also other dimensions and galaxies. It is with this allegory of the phoenix that we understand the role of the dragons and serpents of our planet, and how they interfere in the Tao of our existence. As a dance of forces, vibrations of different natures, these symbols and concepts take us to the deepest truth within, of who we are and how far can we go. This is a book about the

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adventures of our soul, the journey within that so many Shamans live to explore. It's also about a path that all spiritualists and gurus have experienced, a path that some have called nirvana, enlightenment or awaking, but few have ever had the ability to fully describe in a way that can be perceived by the common mortal. The Native Americans have often told us about the spirit of the eagle that keeps guard over the spiritual world. This eagle, or big bird, is representative of another living force, which is the phoenix, the bird of fire. This is why many mystics of ancient times believed that only fire could take souls to another world. The fire purifies the body, but the most potent fire comes from within, as an energy that we burn with our conscious awareness. This is the fire that Buddhists, Taoists and Hindus persist in awakening from within, commonly using disciplines created specifically for this purpose, such as yoga, chikung and meditation. This fire represents the power of our own spirituality, which most people are unaware to possess. As mortals and genetically manipulated slaves of a few alien species, we've lost the physical capability to ignite it. But the phoenix can help us reach it, through the spiritual nature that is within each one of us. The one who can ride the phoenix, can travel very far, to amazing lands. And these are the ones that often come back, when they choose to, as our prophets and religious leaders. This book describes their journey to Valhalla, Heaven,

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Paradise, or more simply, the Laboratory of God. When you talk to yourself about your health condition, what do you say? Are you negative. Do you say only what the doctor has diagnosed. Do you allow others to speak negatively in your presence? Or do you say what God says? This book defines the most powerful healing principles in Scripture and encourages you to stop negative self-talk, control your thinking, and declare healing over your body regardless of the current health condition or medical diagnosis. Included, the positive self-talk guides will help affirm God's will for victory in the area of healing emotionally, physically, mentally, financially, and spiritually. Daily devotionals will reinforce your faith. And as you begin to meditate and confess the word, your thoughts, words, outlook and expectations will change for the better. You will find victory and healing in the name of Jesus. Trust God and mediate on His word. The enemy likes to keep illness and perceived limitations in front of us at all times. He wants to rub sickness and disease in our faces so that we lose faith and hope in healing. Don't talk yourself out of your healing. Today, declare, "By Jesus stripes I am healed and made whole." And don't let anyone talk you out of it. The victory is yours in healing- whether it be emotional, physical, and psychological. This is the 3rd book of the By Faith I Declare series. For your spiritual growth read the companion books in this series, Deliver Me From Negative Self Talk: Faithful Words to Say When You

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Talk T Yourself and the latest title, Positive Self Talk For Emotional Peace: Set Boundaries and Take Back Control of Your Life.

This book is the result of one person's spiritual odyssey after a lifelong dedication to the quest for truth.

Within it Ivan Kovacs shares his insights with the reader with ever deepening realisations about what esotericists understand as spirituality. He explores those states of consciousness that are higher than that of the personality. He points out how we can reach out to ever deepening levels of consciousness - the divine birth right of every human being who makes a concerted effort to set his or her foot upon the spiritual path. In this book there are a variety of topics under discussion such as the Energy of Love, The Kundalini Syndrome, Christianity Judged from an Esoteric Perspective, and many more. The crowning achievement of the anthology is The Path to Higher States of Consciousness, in which an in-depth discussion traces the odyssey of consciousness from the personality to that of the soul, and from the soul to the Spiritual Triad, and then to the Monad, or that exalted level of consciousness known as Pure Being.

Have you struggled with the promises of healing in the Holy Bible, not understanding why you could not make them yours? Have you, like me, tried reading, listening, confessing, and everything else you can think of, only to fall back into sickness again? Would you like to learn the truth about Biblical healing, once and

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for all, in a way that is understandable and easy to apply to your own life? Walk with me through my healing journeys and learn what God taught me about healing as I struggled to understand, and came out healed from every effect of a hemorrhagic stroke that nearly killed me. * Learn the steps to healing, and why they MUST be done in order * Learn why you confess over and over that you are healed and you still do not see the manifestation

Healing with God's Love

The Door Is Open

Tzadik Nistar

The Sacred Fire of the Phoenix

A Kabbalistic Path to Liberation

Kabbalistic Healing

The Instruction Manual for Receiving God

Explains how daily prayer can serve as a pathway to promote physical and spiritual healing, utilizing prayer as a form of energy medicine, and offers advice on how to incorporate meditation into one's everyday life, the art of effective prayer, and how to revitalize traditional prayers. Reprint.

"This compelling book pours a clear light onto the concealed reasons why certain events appear in our lives and the world at large. Exploring the ancient principles of Kabbalistic Astrology reveals that each of us is born into an astrological environment best suited for the completion of the corrections that we must make in our lives."--Publisher description.

What would it feel like if you realized that from the very beginning, you were designed to look for, to find, and to receive God? That you were designed to awaken to reality? How would it feel to know that this would definitely happen in your lifetime, because you were made to accomplish this very thing? Rather than encouraging us to seek God, Jason Shulman believes we need only make ourselves available to receive God, who is always present and awaiting us. In *The Instruction Manual for Receiving God*, you will encounter the presence of God through 108 seed passages –profound and insightful statements that are meant to unlock your mind and open your heart. Shulman offers generous reflection of each seed passage, illuminating the depth and meaning of its precious message. Reading this book is like entering a personal sanctuary where you will: Experience complete liberation—the act of being truly human Feel the constant rain of compassion washing over your spiritual life and receive the sacred blessings that are endlessly offered by reality itself Learn practical ways to connect to the Divine each and every day Here, Jason Shulman offers contemplations that access the reality of God, who is always knocking at the door of our hearts, and whose voice is always speaking. Whether read cover-to-cover or opened to a random verse for inspiration, *The Instruction Manual for Receiving God* is a book readers of all faiths will cherish and return to time and again. The life force, also known as “spirit,” is the

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essence of being and the conscious and most important form of energy. Living energy is personal and within our conscious control, and by learning about it, we can use it to transform our life into vibrant and meaningful expressions of who we really are. Consciousness is purely energetic and therefore difficult to quantify in mechanistic terms. It is the characteristic of living energy and is the foundation of awareness. Consciousness is the thread running through all life. Living Energy is an introduction to the process of mystic spirituality. The reader is encouraged to attain a deep and meaningful connection to the divine with expanded awareness. The principles given in this book are equally relevant to the novice and the advanced practitioner. Robert explains how we may reveal our hidden potential by shifting our perception away from what is customary and comfortable to open the doors to greater spiritual awareness.

A Glimmer of Hope

A Modern Mystic's Guide to Spiritual Power

A Guide to Speaking Healing Words of Faith

Kabbalah for Health and Wellness

How to Deeply Transform Your Everyday

Experience and Create Changes that Last

The Magic of Hebrew Chant

Healing the Spirit, Transforming the Mind,

Deepening Love

"This beautifully written book wraps its arms around you like a comforting, wise mother. You'll feel calmer just reading it; however it also offers a variety of simple and practical activities to help you recapture a sense of peace in this hectic world in which we live." --Debbie LaChusa, author of Breaking the

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Spell: The Truth About Money, Success, and the Pursuit of Happiness "Crazy World, Peaceful Heart inspires you with accessible wisdom and tools to befriend your body, mind, and spirit. Sharon Rosen's healing muse is a precious gift to your life." --Laura Alden Kamm, author of *Intuitive Wellness* Ever wish you could stop the world for just a little while? Do you get frustrated trying to figure out why you can't hold on to the peaceful moments for very long? *Crazy World, Peaceful Heart* provides a path to the peace you seek. Along the way, you will learn why "falling off the path" is an important and unavoidable piece of the journey and why true balance often feels so elusive.

Introduction A note from the author. Do you feel trapped with your belief in religion and God, finding yourself questioning it? Feeling like you're a prisoner within your own mind? Are you standing on the fence with religion and God? I once was just like you. Free yourself of this conflict as I have, once and for all. The choice is yours to believe or not, as an adult it always has been, as a child growing up, it wasn't. Fictional book based on fictional characters and events. For all outward appearances Mary Jane is a simple conservative upper middle class Long Island housewife. Two great kids now off to college, family dog. Currently living in the suburbs, but something seemed to be missing in her life, she could never really understand what it was. Sex with her husband was for the most part, satisfying. Marrying her college sweetheart .Mary now in her late 30's and having all this free time on her hands, her inner itch begins scratching at her. She feels this within herself but doesn't understand what it is. It starts in the back of her mind, in her subconscious mind. Mary Jane has yet to realize the full potential of her body and mind. To crack open her inner shell. Not just about Mary Jane surrendering herself to her body's desires or her husband's, not just for the pleasures of the flesh but for her mind and very soul. Come follow Mary Jane on her

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journey, a journey of enlightenment and understanding, an awakening within herself, a journey that takes her into the erotic world of B&D and BDSM.

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

Gold Nautilus Book Award Winner: “Nourishing and self-empowering” advice for living your happiest and most authentic life (Michael Bernard Beckwith, author of Life Visioning). We live in difficult, stressful times. You’ve read books and done workshops, but you still have to face so many stubborn obstacles. Yet it’s often our pain and dissatisfaction that push us to seek a more conscious life. Your Ultimate Life Plan is the missing “how to” for getting unstuck and moving past your problems and into a richer and more meaningful life, creating lasting change, and making a difference. It’s a practical roadmap to help you improve every moment of your life by teaching you how to build: Confidence: remove what is stopping you Strength: move from your wounded ego into your sacred self Courage: make smarter choices by embracing your four levels of consciousness Success: rise to your next level of happiness, clarity, and transformation Your Ultimate Life Plan is the distillation of Dr. Howard’s twenty-plus years of experience as a licensed psychotherapist and spiritual teacher. This “workshop in a book” will help you not only understand your true self, but experience it. Winner of a 2013 Gold Nautilus Book Award Winner of a 2013 Gold Readers' Favorite International Book Award Winner of a 2013 Silver Benjamin Franklin Book Award ForeWord Book of the Year Award Finalist

Kabbalistic Astrology

Letters to My Distant Soul-Mate

Kabalistic Healing

Kabbalah's Hidden Secrets

Energy Healing with the Kabbalah

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Kabbalah and the 22 Paths of Healing
Ten Commandments for a Healthy Lifestyle

A dynamic exposition of the powerful, ancient Sephardic tradition of dreaming passed down from the renowned 13th-century kabbalist Isaac the Blind • Includes exercises and practices to access the dream state at will in order to engage with life in a state of enhanced awareness • Written by the close student of revered kabbalist Colette Aboulker-Muscat In Kabbalah and the Power of Dreaming Catherine Shainberg unveils the esoteric practices that allow us to unlock the dreaming mind's transformative and intuitive powers. These are the practices used by ancient prophets, seers, and sages to control dreams and visions. Shainberg draws upon the ancient Sephardic Kabbalah tradition, as well as illustrative stories and myths from around the Mediterranean, to teach readers how to harness the intuitive power of their dreaming. While the Hebrew Bible and our Western esoteric tradition give us ample evidence of dream teachings, rarely has the path to becoming a conscious dreamer been articulated.

Shainberg shows that dreaming is not something that merely takes place while sleeping--we are dreaming at every moment. By teaching the conscious mind to be awake in our sleeping dreams and the dreaming mind to be manifest in daytime awareness, we are able to achieve revolutionary consciousness. Her inner-vision exercises initiate creative and transformative images that generate the pathways to self-realization.

This is an account of one of life's most painful experiences--the sudden death of a child. A mother's anguish compels her to examine beliefs about what comes after death and to explore ancient healing methods in Mexico, Brazil, and Bali. At its core a spiritual odyssey, The Sacred Wound is about creating meaning from life-shattering events--events which can utterly destroy us or serve as a call to extraordinary courage and growth. A life-shattering event is a modern day "sacred wound," a wounding so profound that it pierces the soul and penetrates the veils of who we are and what we think life is about. Like a mythological hero, we will emerge from the ordeal another person. As the author

says, "For three years grief was my consort, it became my teacher." This inspiring and searingly honest book is about more than survival following the death of a loved one; it is about the gift in tragedy's other hand. It is about discovering the truth that love is the central experience of life and not simply mortality, and that this truth can emerge in ways we can never predict or expect I am an ordinary woman, who lives an ordinary life, in which something extraordinary happened. My story is one of wrong choices, painful loss, redemption, and a new spiritual awakening to live once again. I have decided to share my story in hopes it will give other women a voice that have endured child loss and found healing in its journey.

"A wondrous, sparkling fusion of wisdom and insight." - Patricia Santhuff What do the wonderful myths of ancient Greece, the beautiful stories in the Bible and Qur'an, and all the sacred stories from traditions around the world, have in common? They open our hearts to wonder, mystery, passion, and joy. I know, on the outside these stories seem

very different, confusing, conflicting, and often violent and divisive. But when read symbolically and internally, they are all telling the same story. They show us the path of spiritual awakening and enlightenment. Sometimes the story is called "Returning to the Promised Land." Sometimes it's called "Seeking the Holy Grail." Sometimes it's called "Persephone's Return to Olympus." But whatever it's called, the inner meaning and purpose is always the same. The stories are all a call to awaken, to live passionately and consciously, and to enter the door that leads to enlightenment and communion with the divine. The door is always open. The light is always ready to receive us. But we have to learn how to tread the path! Fortunately, that's what all the sacred stories are really about. THE DOOR IS OPEN uncovers the 7 Universal Steps that are found within the symbols and allegories of all great mythology and scripture. Each chapter ends with a series of practical and enjoyable spiritual exercises and activities. You can do this work on your own, or together with a group. It could be a church or synagogue

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group, a book club, a classroom, or any group of friends who want to get together and expand their spiritual horizons.

A Path to an Awakened Soul

The Healing Path of Prayer

Daily Meditations For Working Through Grief

The Journey from Grief to Grace After Child Loss

On the Road to Healing

An Anthology for Men Ending Sexism

The Healing Companion

In this stimulating how-to book, a scientist Dr. Dan Swan (D.Engr.) provides an answer to one of life's most important questions, "How in the world does one find miracles?" When a miracle occurred in his life in 1994 at a time when he desperately needed it. This miracle caused a series of revelations that ultimately led him down a spiritual path, completely changing his busy life, his scientific mindset and the way he viewed this chaotic world. Taking the reader on a fascinating tour of his real-life experience, Dr. Swan explains how he began his spiritual journey by learning hands-on energy healing in order to help save his father who had suffered a major stroke. Through his real-life experience as an energy healer, using the healing power from God, he found that miracles happened to patients who were ordinary people like you and him. He witnessed that miracles do happen many times to people who are in desperate need. From his experience, he shows in this book that anyone can

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become an energy healer and be able to heal loved ones and family members. People of all religious faiths as well as non-believers can transform their physical bodies to Light bodies using the healing power from God. In fact, all major religions including Christianity, Hinduism, and Buddhism, encourage people to make the higher transformation to a union with God or Universal Consciousness. And, he shows the reader step-by-step of how to do it. Using Dr. Swan's method, the spiritual journey can be completed in a short period of time. He successfully merges new scientific findings with ancient wisdom, resulting in an easy-to-understand guide for someone at any spiritual level. Readers will learn from leading quantum physicists and medical doctors, as well as spiritual teachers from around the world. Dr. Swan's instructions set the stage for a spiritual voyage of self-discovery. His book is a timely guide for the year 2012 and beyond, preparing all of us for the age of the New Earth in the near future.

Healing is a birthright to all humanity. Our intricate design was meticulously created to operate in a way, in which our minds and bodies have the ability to heal itself. However, when we began to worry and allow our mind to stress, we create an hostile environment that makes it difficult for the body to achieve wholeness. "Dis-ease" and illness happens when the mind, body and spirit reaches an unbalanced state. To restore ourselves to our natural order, we must begin by believing and operating in a way that healing is possible; through our own power of being optimistic and spreading positive energy to all things we come in contact with. "Even a tree has more hope. If it is cut down, it will sprout again and grow new branches." Job 14:7 NLT

"Modern Healing Wisdom within an Ancient Spiritual

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Tradition" Too often our own health takes a back seat to the high priority of caretaking others, ultimately draining our energy and making personal wellness a distant goal. For healing practitioners and those seeking wellness for physical, emotional, and mental health, Kabbalah can be a powerful framework for employing energetic healing methods. With a simple, sustained practice-from fifteen minutes a day-health and wellness can be restored using: guided imagery techniques easy-to-implement exercises that build upon themselves approachable meditations, prayers, and rituals With a Kabbalistic approach to wellness, you'll find your search for a heightened state of consciousness happily balanced with the practical health and wholeness concerns of daily life. The practice of Kabbalah will enhance your entire life and can be used as an overall guiding force for body, mind, and spirit connection-essential for overall health and well-being.

"This is the most powerful, convincing and practical book in restoring and maintaining your health you will ever read. It is loaded with ideas, insights and strategies that will change your beliefs and results forever."- Joseph J. Frasco, D. C., Chiropractor and Founder of Accuthotix, LLC- Advanced Chiropractic Orthotics"I am inspired by Dr. Wolk-Weiss' book Ten Commandments for a Healthy Lifestyle and refer to this book as a guide for my patients, my family and myself to improve in all aspects of the Ten Commandments for a Healthy Lifestyle."- Steven J. Goldfarb, D. C., C. A. Chiropractic Physician & Acupuncturist"This small, intelligent and useful book captures the spirit of an holistic approach to health. From what you should put into your body, to what you should put into your soul and spirit, it is a fine guide for healthy living from a doctor who practices what he

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preaches."- Jason Shulman, author, Kabbalistic Healing:A Path to an Awakened Soul"A novel way to get us all motivated to be kind to ourselves. If the reader would do just two of the Ten Commandments Dr. Wolk-Weiss has cleverly presented he/she will be healthier in life. My compliments to Dr. Wolk-Weiss for a wonderful take off on the Ten Commandments."- Norman Sveilich, DO, Orthopedic Surgeon

The First Cut Is the Deepest

Integrating Ancient Jewish Mysticism with Modern Energetic Practices

Energy Healing for Everyone. a Practical Guide for Self-healing.

' Use These Simple Principles and See Miraculous Changes Take Place in Your Life!"