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Complementary medicine.

Through the act of loving  
yourself, you give the  
gift of the truth of you  
to this world. The most  
powerful way you can be in  
the world is by loving

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yourself well and then  
living your life from that  
place. The question is:  
how do you do that? How do  
you love yourself when  
faced with overwhelming  
responsibilities, guilt,

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and feeling like the world  
is stacked against you?  
You love yourself well  
when you make the choice  
for consciousness.  
Consciousness changes the  
way you view yourself and

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the way you view your  
life. Change is rarely  
easy; yet staying the same  
offers no relief from  
suffering. The choice for  
consciousness is  
challenging, but familiar

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suffering is painful--and  
it's a pain with no end in  
sight This book provides  
step-by-step support to  
help you release victim  
mentality; drop baggage  
and unhealthy habits; and

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discard fear-based living.  
It will show you how to  
live as the creator of  
your life. This volume  
contains 16 tools and 137  
definitions of terms and  
concepts to support your

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journey. The tools can be used in any order and are very powerful when combined with each other. The fear of change and the habit of staying small collaborate to say, "No,



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no, no, don't you dare  
change because that could  
be dangerous. Who knows  
what will happen if you  
change?" That's the moment  
when you have to take the  
risk of allowing yourself

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to walk the truth of you  
in the world. When you  
hear the voice that says,  
"No, no, no, I can't be  
that big. I can't shine my  
light that much. I can't  
emanate the truth of me to

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these people," that's the point when you need to say instead, "I want healing above all else. I want healing above all else. My desire for healing is stronger than my fear of

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what will happen if I  
shine my light, than my  
fear of how my truth will  
be received. My desire for  
healing is stronger than  
that. Emanation of the  
truth of me comes first."

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The Choice for  
Consciousness, Tools for  
Conscious Living series  
offers channeled messages  
from Eloheim and The  
Council. The Council is  
comprised of seven

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different groups: The  
Guardians, The Girls, The  
Visionaries, The  
Matriarch, The Eloheim,  
The Warrior, and Fred.  
During a channeling  
session, each of The

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Council members take turns sharing their teachings. Each Council member has a distinct personality, style of delivery, and focus. The Council is best known for their multitude

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of practical tools, which support the journey out of fear-based living into the consciousness-based operating system. The Choice for Consciousness, Tools for Conscious Living



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series is designed to offer step-by-step tools to support your movement out of the fear-based operating system into the consciousness-based operating system; to help

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you let go of baggage,  
static, and unhealthy  
habits; and to show you  
how to discard victim  
mentality, so that you can  
live fully as the creator  
of your life. Volume One

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of the series contained  
twenty-two tools that  
concentrated on the  
realization that you  
create your reality. This  
volume contains sixteen  
tools created to help you

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begin to LIVE as a  
creator. The tools can be  
used in any order and are  
very powerful when  
combined with each other.  
This book is not a  
narrative, but a reference

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text we hope you will  
return to again and again.  
MAKE PEACE WITH LIFE AND  
DISCOVER YOUR MISSION IN  
IT. Have you ever wondered  
what is the meaning of  
life? Do you want to know

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what your life purpose is?

Do you feel disoriented  
and lost in life? In SOUL  
MEMORIES you will find  
answers to these and many  
other questions that will  
end the tireless search

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for answers about the  
truth about life and the  
reason for your existence  
in it. 'SOUL MEMORIES'  
is a spirituality book for  
the awakening of  
consciousness and

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empowerment of the soul,  
which offers the reader a  
different perspective on  
life and the human being,  
using simple, entertaining  
and appropriate language  
for modern times. Here you



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will find answers to these  
and other questions: - The  
origin of life. - What is  
the meaning of life. - How  
to play the game of life.  
- What is your life  
purpose or mission. - What

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is your role in life. -  
What is your true nature.  
If you are in search of  
answers about the  
different aspects of life  
and your existence in it,  
SOUL MEMORIES will provide

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you with very precise and accurate answers, so that, by remembering the Truth, you can rest in it. Get your copy RIGHT NOW. Your soul has something very important to remember you!

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"I have no wish to play  
the pontificating fool,  
pretending that I've  
suddenly come up with the  
answers to all life's  
questions. Quite that  
contrary, I began this

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book as an exploration, an exercise in self-questing. In other words, I wanted to find out, as I looked back at a long and complicated life, with many twists and turns, how

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well I've done at  
measuring up to the values  
I myself have set."

-Sidney Poitier In this  
luminous memoir, a true  
American icon looks back  
on his celebrated life and

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career. His body of work is arguably the most morally significant in cinematic history, and the power and influence of that work are indicative of the character of the

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man behind the many  
storied roles. Sidney  
Poitier here explores  
these elements of  
character and personal  
values to take his own  
measure—as a man, as a



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husband and a father, and  
as an actor. Poitier  
credits his parents and  
his childhood on tiny Cat  
Island in the Bahamas for  
equipping him with the  
unflinching sense of right

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and wrong and of self-worth that he has never surrendered and that have dramatically shaped his world. "In the kind of place where I grew up," recalls Poitier, "what's

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coming at you is the sound  
of the sea and the smell  
of the wind and momma's  
voice and the voice of  
your dad and the craziness  
of your brothers and  
sisters...and that's it."

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Without television, radio,  
and material distractions  
to obscure what matters  
most, he could enjoy the  
simple things, endure the  
long commitments, and find  
true meaning in his life.

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Poitier was uncompromising as he pursued a personal and public life that would honor his upbringing and the invaluable legacy of his parents. Just a few years after his

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introduction to indoor  
plumbing and the  
automobile, Poitier broke  
racial barrier after  
racial barrier to launch a  
pioneering acting career.  
Committed to the notion

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that what one does for a living articulates to who one is, Poitier played only forceful and affecting characters who said something positive, useful, and lasting about

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the human condition. Here  
is Poitier's own  
introspective look at what  
has informed his  
performances and his life.  
Poitier explores the  
nature of sacrifice and



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commitment, price and  
humility, rage and  
forgiveness, and paying  
the price for artistic  
integrity. What emerges is  
a picture of a man in the  
face of limits—his own and

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the world's. A triumph of  
the spirit, The Measure of  
a Man captures the  
essential Poitier.

Journey Through Other  
Realms

The Measure of a Man

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The Bridges Between  
Science And Spirituality.  
The Power of Now  
Tarot of the Future  
Explorations in  
Transpersonal Psychology  
Radiant Rest

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In a wide-ranging  
metaphysical discussion  
from consciousness,  
incarnation and death to  
politics, economics and  
science, the author  
describes a cooperative

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universe which responds  
to an individual's  
thoughts, and provides a  
user-friendly interface.  
Explains the phenomenon  
of shaktipat, the  
spiritual transmission

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of power from a teacher  
to a devotee • Shows how  
technology has eroded  
personal power and how  
insight and awareness  
can play a higher role  
in our lives • Reveals

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how insight is the  
vehicle for profound  
self-transformation  
Shakti is the creative  
force, the bonding  
power, that holds the  
universe together.

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Shaktipat is the moment when enlightenment is conferred upon a student instantaneously by his master's touch. The guru conferring shaktipat creates a bond of power



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in those who have  
accepted him or her as  
their teacher. In  
Spiritual Initiation and  
the Breakthrough of  
Consciousness Joseph  
Chilton Pearce describes

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his experience of  
shaktipat from his  
teacher Swami  
Muktananda. From this  
awakening Pearce  
experiences a dramatic  
shift of mind and comes

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to the realization that  
perception is reality  
and that insight is our  
only vehicle for  
profound self-  
transformation. Oneness  
with God is the

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birthright of every  
individual, though we  
are culturally  
vaccinated to resist  
experiencing this higher  
consciousness. Our  
search for objective

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truth has lead us not to  
wholeness, but instead  
to the belief that we  
have no bond to each  
other, to God, or to an  
inanimate, physical  
world. Our technology

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reduces our ability to  
experience revelation  
and leads us instead  
toward the chatter of  
confused thinking. The  
challenge faced by  
modern humanity, which

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is the challenge

Muktananda gave to his  
students, is to  
passionately gather up  
the scattered fragments  
of our lives and channel  
them into the creative

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realm, where with  
insight or revelation we  
will be able to become  
more than ourselves.

Featuring a Foreword by  
Mikey Siegel, founder of  
Consciousness Hacking.



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Technology can now  
control the spiritual  
experience. This is a  
journey through the high-  
tech aids for  
psychological growth  
that are changing our

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world, while exploring  
the safety, authenticity  
and ethics of this new  
world. We already rely  
on technology to manage  
our health, sleep,  
relationships, and

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finances, so it's no  
surprise that we're  
turning to technological  
aids for the spiritual  
journey. From apps that  
help us pray or  
meditate, to cybernauts

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seeking the fast track  
to nirvana through  
magnetic brain  
stimulation, we are on  
the brink of the most  
transformative  
revolution in the

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practice of religion: an era in which we harness the power of “spirit tech” to deepen our experience of the divine. Spirit tech products are rapidly

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improving in  
sophistication and  
power, and ordinary  
people need a  
trustworthy guide.  
Through their own  
research and insiders'

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access to the top  
innovators and early  
adopters, Wesley J.  
Wildman and Kate J.  
Stockly take you deep  
inside an evolving  
world: - Find out how

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increasingly popular

“wearables” work on your  
brain, promising a  
shortcut to  
transformative  
meditative states. -

Meet the inventor of the



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“God Helmet” who  
developed a tool to  
increase psychic skills,  
and overcome fear,  
sadness, and anger. -  
Visit churches that use  
ayahuasca as their

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sacrament and explore  
the booming industry of  
psychedelic tourism. -  
Journey to a mansion in  
the heart of Silicon  
Valley where a group of  
scientists and

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**entrepreneurs are  
working feverishly to  
bring brain-based spirit  
tech applications to the  
masses. - Discover a  
research team who  
achieved brain-to-brain**

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communication between  
individuals thousands of  
miles apart, harnessing  
neurofeedback techniques  
to sync and share  
emotions among group  
members. Spirit Tech

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offers readers a  
compelling glimpse into  
the future and is the  
definitive guide to the  
fascinating world of new  
innovations for personal  
transformation,

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spiritual growth, and  
pushing the boundaries  
of human nature.

To make the journey into  
the Now we will need to  
leave our analytical  
mind and its false

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created self, the ego,  
behind. From the very  
first page of Eckhart  
Tolle's extraordinary  
book, we move rapidly  
into a significantly  
higher altitude where we

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breathe a lighter air.  
We become connected to  
the indestructible  
essence of our Being,  
"The eternal, ever  
present One Life beyond  
the myriad forms of life



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that are subject to  
birth and death.”

Although the journey is  
challenging, Eckhart  
Tolle uses simple  
language and an easy  
question and answer

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format to guide us. A  
word of mouth phenomenon  
since its first  
publication, The Power  
of Now is one of those  
rare books with the  
power to create an

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experience in readers,  
one that can radically  
change their lives for  
the better.

A Guide to Spirituality  
Without Religion  
The Shift in

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**Consciousness**

**The Book of  
Enlightenment and  
Transformation  
To Be or Not to Be ...  
Enlightenend  
Harnessing the Power of**

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**Thought to Consciously  
Create Your Life**

**A Guide to Working with  
Plant Consciousness**

**Collective Manifestation**

*Explaining the need for kundalini  
awakening, this text describes the*

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*experiences that arise once it has taken place and addresses the potential obstacles to attaining the ultimate life goal, liberation.*

*Play of Consciousness A Spiritual  
Autobiography Play of Consciousness A  
Spiritual Autobiography Siddha Yoga  
Publication*

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*It is often assumed that there are two ways of interpreting the world: a rational scientific way, or an irrational religious way. Spiritual Science offers a third alternative: a spiritual view of reality that transcends both conventional science and religion, and answers many of the riddles that neither can explain. The standard*

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*model of science has had little success in explaining such areas as human consciousness, the connection between the mind and the body, altruism and 'anomalous' phenomena such as near-death experiences, psi phenomena (such as telepathy) and spiritual experiences. But from a 'panspiritist' point of view –*



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*which sees spirit or consciousness as a fundamental essence of reality – it is possible to make sense of all these things. Steve Taylor puts forward the evidence for a spiritual view of reality, drawing on the insights of philosophers, physicists, mystics, as well as spiritual traditions and indigenous cultures. He systematically*

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*shows how a 'panspiritist' view can explain many puzzling aspects of science and the world, including evolution and the origins of life, and a wide range of other phenomena such as quantum physics, the placebo effect, precognition and neuroplasticity. Spiritual Science offers a new vision of the world that is*

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*compatible with both modern science and ancient spiritual teachings. It provides a more accurate and holistic account of reality than conventional science or religion, integrating a wide range of phenomena that are excluded from both. After showing how the materialist worldview demeans the world and human*

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*life, Spiritual Science offers a brighter alternative – a vision of the world as sacred and interconnected, and of human life as meaningful and purposeful. Spiritual Science explains how the standard materialist model of reality developed, and turned into a belief system. This belief system can only*

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*function by denying (or explaining away) a whole range of phenomena that are part of human experience. It is possible to be scientific without adopting this belief system – in fact, it is much more rational to do so.*

*The autobiography of Paramahansa Yogananda (1893 - 1952) details his*

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*search for a guru, during which he encountered many spiritual leaders and world-renowned scientists. When it was published in 1946 it was the first introduction of many westerners to yoga and meditation. The famous opera singer Amelita Galli-Curci said about the book: "Amazing, true stories of saints and*

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*masters of India, blended with priceless  
superphysical information-much needed  
to balance the Western material  
efficiency with Eastern spiritual  
efficiency-come from the vigorous pen of  
Paramhansa Yogananda, whose  
teachings my husband and myself have  
had the pleasure of studying for twenty*

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years."

*Desire and Death in the Phenomenology  
of Spirit*

*A Guide to Spiritual Enlightenment*

*Spiritual Science*

*Neuroscience, Consciousness and  
Spirituality*

*What is Self?*



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*The Play of the Sweet Absolute*

*The Play of Consciousness*

The essays in this book are the notes from the e – learning courses which organized by the international educational, research and cultural

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community Think Lab from 20  
March and 20 April 2016 on  
' ' Introduction to Philosophy  
of contemporary cosmology:  
Transformation of thought and  
evolution of consciousness ' ' .  
The courses are held online, the

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contributions were from  
London, Berlin, Dublin, New  
York, Chicago and Athens. The  
presentation of the courses and  
the coordination of the program  
was the thinker Alexis  
Karpouzos. We would like to

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thank you for the great  
response about the courses.  
Develop a powerful practice of  
deep relaxation and  
transformative self-inquiry with  
this essential guide to yoga  
nidra, accompanied by

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downloadable audio  
meditations. Yoga nidra is a  
practice devoted to allowing  
your body and mind to rest  
while your consciousness  
remains awake and aware,  
creating the opportunity for you

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to tap into a deeper understanding of yourself and your true nature. At its heart, yoga nidra is about waking up to the fullness of your life. In Radiant Rest, Tracee Stanley draws on over twenty years of

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experience as a yoga nidra  
teacher and practitioner to  
introduce the history of yoga  
nidra, mind and body  
relaxation, and the surprising  
power of rest in our daily lives.  
This accessible guide shares six

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essential practices arranged around the koshas, the five subtle layers of the body: the physical, energetic, mental, intuitive, and bliss bodies. It also offers shorter, accessible practices for people pressed for



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time. Each practice is explained through step-by-step instructions and ends with self-inquiry prompts. A set of guided audio meditations provide further instruction. Feel a greater sense of stability, peace,

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and clarity in all aspects of your life as you deepen your yoga nidra practice and discover its true power.

An accessible exploration of best-selling author's most famous work, The Map of

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Consciousness, that helps readers experience healing and transcendence. We are all born with a level of consciousness, an energetic frequency within the vast field of consciousness. And with The Map of Consciousness,

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we can truly understand the total spectrum of human consciousness. Using a unique muscle-testing method, Dr. David R. Hawkins conducted more than 250,000 calibrations during 20 years of research to

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define a range of values, attitudes, and emotions that correspond to levels of consciousness. This range of values-along with a logarithmic scale of 1 to 1,000-became the Map of Consciousness, which Dr.

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Hawkins first wrote about in his best-selling book, Power vs. Force. With the Map, Dr. David R. Hawkins laid out the entire spectrum of consciousness, from the lower levels of Shame, Guilt, Apathy, Fear, Anger, and

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Pride; to Courage, Acceptance, and Reason; all the way up to the more expanded levels of Love, Ecstasy, Peace, and Enlightenment. These "higher" energy fields are a carrier wave of immense life energy. An

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essential primer on the late Dr. David R. Hawkins's teachings on human consciousness and their associated energy fields, The Map of Consciousness Explained offers readers an introduction and deeper understanding of



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the Map, with visual charts and practical applications to help them heal, recover, and evolve to higher levels of consciousness and energy. This book is a light unto the path of any individual who wants to

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become more effective in any  
area of life.

Increase Your Conscious  
Awareness and Discover  
Alternate Realities Using  
Quantum Physics Deepen your  
understanding of quantum

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physics and expanded states of awareness with Quantum Consciousness, an enlightening guide that helps you pull science and spirituality closer together. This fascinating book invites you to tour alternate

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realities, parallel lives,  
interdimensional consciousness,  
the eternal state, and even the  
very fabric of the universe.  
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aspects of quantum  
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Waking Up

Hegel on Self-Consciousness

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For the millions of Americans

who want spirituality without

religion, Sam Harris ' s latest New

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Waking Up is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and

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sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the

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quality of our lives. Waking Up is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam

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advances. From Harald Walach ' s  
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entitled “An Emerging New Model for Consciousness: The Consciousness Field Model,” this book represents a milestone in the progress towards an integrated understanding of spirituality, neuroscience and

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- Illuminates the matrix where plant intelligence and human intelligence join
- Reveals that partnering with plants is an evolutionary imperative

Indigenous healers and shamans

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plant spirits to join with human intelligence to bring about profound healing. These spirits take us beyond mere symptomatic treatment to aligning us with the vast web of nature. Plants are more than

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their chemical constituents. They are intelligent beings that have the capacity to raise consciousness to a level where true healing can take place. In this book, herbalist Pam Montgomery offers an



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understanding of the origins of disease and the therapeutic use of plant spirits to bring balance and healing. She offers a process engaging heart, soul, and spirit that she calls the triple spiral path. In our modern

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existence, we are increasingly challenged with broken hearts, souls in exile, and malnourished spirits. By working through the heart, we connect with the soul and gain access to spirit. She explains that the evolution of

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plants has always preceded their animal counterparts and that plant spirits offer a guide to our spiritual evolution--a stage of growth imperative not only for the healing of humans but also the healing of the earth.

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Ascended Master Adamus  
Saint-Germain begins by  
explaining the metaphysics  
of energy. He defines the  
difference between  
consciousness and energy and  
makes the clear point that  
we are beings of

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consciousness – not energy –  
and that the passion of our  
pure consciousness attracts  
energy from the unified  
field to manifest our  
reality. Adamus defines the  
four primary levels of  
energy including Core

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(soul), Crystalline, Cosmic and Earth while educating the reader about how the various levels are used by our consciousness to manifest our stage-of-life. Adamus implores the reader to act like a Master rather

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than acting like a less-than-perfect human. This act will literally change the type of energy being attracted into the reader's life, and therefore change the reality theatre one exists within. Some readers



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will question this approach saying, "It's not real because it's just an act," to which Adamus will reply, "But everything in your life is just an act, so why not act like a prosperous, healthy and wise Master?"

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This will change the theatre of your life, but the real question is, 'Are you really ready for a substantial change, or are you just trying to tidy up your current stage?'" It's a remarkably simple and

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beliefs about how reality is created and experienced. By the time you read Saint-Germain's last words you will cry a few tears of joy and relief to know that life is as easy as an Act of Consciousness. Saint-Germain

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had many notable past lives, including that of William Shakespeare and Mark Twain (Samuel Clemens). These lifetimes gave him an appreciation for the theatre, acting and story-telling. Book length:

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Approximately 30,000 words  
The chapters of this book  
are nothing but mirrors for  
seeing your ''self'' from  
different angles. And though  
the journey we are about to  
embark on is an inner one,  
it will draw upon every

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aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of 'self,' what we are

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actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just



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gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to

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you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose

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to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of

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meaning in the advice:

''This above all: to thine  
own self be true.'' ----

Introduction

Guiding You through

Spiritual Awakening and

beyond

Self-Inquiry

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The Vibrational Universe

The Bond of Power

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This textbook covers  
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for spiritual and  
shamanic states,***

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***transpersonal  
experiences, and  
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entirely new techniques  
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healing become possible,  
through a synthesis of  
traditional concepts with  
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enlightenment to finding  
peace, balance and  
connection with your higher  
self. How do you know if  
you're experiencing a  
spiritual awakening? If your

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sense of self is dissolving,  
or your perceptions of  
reality and purpose are  
transforming uncontrollably,  
then it's possible.

Sometimes a significant life  
event, such as a loss,  
sudden insight, societal

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Spirit, Hegel makes the central and disarming assertions that "self-consciousness is desire itself" and that it attains its "satisfaction" only in another self-consciousness.

Hegel on Self-Consciousness

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presents a groundbreaking new interpretation of these revolutionary claims, tracing their roots to Kant's philosophy and demonstrating their continued relevance for contemporary thought. As

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Robert Pippin shows, Hegel argues that we must understand Kant's account of the self-conscious nature of consciousness as a claim in practical philosophy, and that therefore we need radically different views of

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human sentience, the conditions of our knowledge of the world, and the social nature of subjectivity and normativity. Pippin explains why this chapter of Hegel's Phenomenology should be seen as the basis of much later

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continental philosophy and the Marxist, neo-Marxist, and critical-theory traditions. He also contrasts his own interpretation of Hegel's assertions with influential interpretations of the

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chapter put forward by  
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