

Acces PDF Within A Spiritual  
Awakening To Love Weight  
Loss

## Within A Spiritual Awakening To Love Weight Loss

**Elevate your consciousness and heal your life. In *Awakening to the Fifth Dimension*, author Kimberly Meredith offers readers something truly revolutionary—a new dimension of healing. Discovering her healing gifts after two near death experiences in 2013, she is now one of the most in-demand medical intuitive healers in the nation, traveling the country to speak at events, appearing at major consciousness and global virtual events, and offering healing to**

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**those who so desperately in need. Here in these pages, Kimberly shares her gift for the first time with a wider audience, giving readers the tools to implement this healing in their own lives. Whether you are wrestling with chronic illness, seemingly untreatable symptoms, or other mental, emotional, or physical ailments, Kimberly's gentle wisdom offers a way forward towards happiness and freedom. Filled with instruction, case studies, testimonials, nutritional advice, and practical methods to raise your consciousness Awakening to the Fifth Dimension will empower readers to confront**

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their own health struggles and find true, lasting healing.

**DO YOU DESIRE SOMETHING MORE?** Have you had that empty feeling-like when you repeatedly open and close the refrigerator door? You feel unsettled-and may not know what to do.

Somehow, you know there is more "out there" for you-a deeper existence. And even if you have come to "know" God, you can still feel there is something missing. **EVEN IF YOU HAVE BEEN**

**DISAPPOINTED BEFORE** Many people are disappointed in their attempts to practice spiritual disciplines such as prayer and Bible reading, because their

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**personal spirits are not fully awakened to the presence of God. Most of us need help to awaken fully to the "more" we desperately desire. This book will guide you with sound Biblical principles for spiritual growth. LEARN SIMPLE SKILLS IN 90 DAYS TO TRANSFORM YOUR LIFE** The 90-Day Spiritual Awakenings Journal is a guided journal that teaches practical principles of spiritual growth with simple daily exercises and writing prompts to discover more of God's presence. Essentially, you learn "how" to be led by the Holy Spirit day by day. Even if you have never used a journal before (even if you don't think

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**you are a journaling type of person), this book makes it simple and easy to follow the daily prompts and write easily from your heart. You will learn how in 3 easy steps. You will experience increased spiritual growth and awaken to an increased intimacy with God. WHAT YOU WILL LEARN ? How to determine if you are spiritually awake or asleep ? How to recognize God's voice & presence ? How to receive from God in your journaling time ? How to experience God's presence with a specific type of prayer ? How to follow the Holy Spirit and connect in a variety of ways ? Practical skills to**

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**accelerate your spiritual growth much more! WHAT IS INSIDE? \*A 10-page Introduction and Instructions Section \*90 Days of Different Short & Simple Exercises with a Guided Journal Prompt \*205 Pages in the Print Version with Space to Write \*A Rest and Reflection Section Every 7th Day A Wide Variety of Exercises for Every Type of Personality and Temperament NOTE: I highly recommend the print version. Having a physical copy in our hands every morning helps with our decision to pursue our spiritual growth. Unfortunately, electronic book versions tend to get lost and neglected on our devices.**

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**However, I do have the electronic version available, for your convenience. The Kindle version is free when you buy a paper copy. Scroll up and click the orange "Buy Now" button to get started right away.**

**Herb K., author of Twelve Step Guide to Using the Alcoholics Anonymous Big Book, continues sharing his insights to the Twelve Steps by explaining the how and why, using his own experience along with traditional and universal spiritual wisdom. This book illuminates a path from the dark world of alcoholism and brokenness to a life of peace, purpose and fulfillment.**

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**Magical, paradigm-shifting, terrifying, and awe-inspiring, the spiritual awakening process is at the core of every human's quest for freedom, love, and happiness. In this groundbreaking book, spiritual counselors Luna and Sol detail the many stages, paths, and pitfalls connected with this sacred evolutionary process. By reconnecting with your Soul, you will discover how to experience the joy, liberation, and peace that you have been searching for all along. In these pages, you will discover: 1. What is happening to you 2. Why you're experiencing a spiritual awakening 3. The many spiritual**



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**awakening symptoms and stages  
4. The three inner worlds of the  
spiritual journey 5. What to do  
when your awakening becomes a  
spiritual emergency 6. Signs  
you're experiencing Soul loss 7.  
How to retrieve and integrate any  
fragmented pieces of your  
psyche through self-love, inner  
child work, and shadow work 8.  
What spiritual "traps" you need  
to be mindful of 9. How to  
communicate with your Soul  
Through the inner work practices  
of Inner Child Work, Self-Love,  
and Shadow Work, this book  
gives you the tools to initiate  
your own deep psychological  
healing. By removing the blocks  
and walls that surround your**

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**Soul, you will be able to access deep levels of joy, creativity, energy, courage, peace, fulfillment, freedom, and love.**

**The Spiritual Awakening Process is a psychospiritual manual that is composed of various articles that we have published on lonerwolf.com in the past. We have also added extra content to help illuminate your path and guide you through this sacred time of life.**

**Discovering the Soul's Path to Healing**

**The Book of Awakening Enlightenment for Everyone**

**A Spiritual Awakening**

**Spiritual Enlightenment**

**The Awakening Artist**

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## **Self-Knowledge for Spiritual Awakening**

A powerful story of spiritual awakening, reconnection with Nature, and rekindling of ancestral wisdom • Details the author's encounters with ancestral spirits and animal teachers, such as Coy-Wolf, and profound moments of direct connection with the natural world • Shows how ancestral connections and intimate communications with Nature are not unique or restricted to those with indigenous cultural roots • Reveals how reconnection with ancestors and the natural world offers insight and solutions for the complex problems we face We are but a few generations removed from millennia spent living in intimate contact with the natural world and in close commune with ancestral spirits. Who we are and who we think we are is rooted in historical

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connections with those who came before us and in our relationships with the land and the sentient natural world. When we wander too far from our roots, our ancestors and kin in the natural world call us home, sometimes with gentle whispers and sometimes in loud voices sounding alarms. In this powerful story of spiritual awakening, Randy Kritkauskay shares his journey into the realm of ancestral Native American connections and intimate encounters with Mother Earth and shows how anyone can spiritually reconnect with their ancestors and Nature. Like 70 percent of those who identify as Native American, Kritkauskay grew up off the reservation. As he explains, for such “off reservation” indigenous people rediscovering ancestral practices amounts to a reawakening and offers significant

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insights about living in a society that is struggling to mend a heavily damaged planet. The author reveals how the awakening process was triggered by his own self-questioning and the resumption of ties with his Potawatomi ancestors. He details his encounters with ancestral spirits and animal teachers, such as Coy-Wolf. He shares moments of direct connection with the natural world, moments when the consciousness of other living beings, flora and fauna, became accessible and open to communication. Through his profound storytelling, Kritkausky shows how ancestral connections and intimate communications with Nature are not unique or restricted to those with indigenous cultural roots. Offering a bridge between cultures, a path that can be followed by Native and non-Native alike, the author shows that

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spiritual awakening can happen anywhere, for anyone, and can open the gateway to deeper understanding. The first modern, comprehensive resource on spiritual awakenings, this pragmatic, clear guide covers everything from the first step on a spiritual journey to enlightenment, and the different types of spiritual awakenings, from mild to dramatic, we may go through. Using the concept of the twelve layers that cover an awakened state Mary Mueller Shutan addresses every step of the spiritual journey, starting with the Self and showing how family, ancestral, past lives, karmic, archetypal, and other larger layers such as societal, cultural, global, and cosmic energies condition us to sleep and obscure our realization of an awakened state. Instructions for how to navigate through each of these

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layers and how to recognize where we are in our spiritual journey are included each step of the way along with common physical, emotional, and spiritual symptoms that may be experienced. By addressing post-awakening states, oneness, dark nights of the soul, ego death, near-death and severe illness, psychic abilities, addictions, dietary changes, the God self, personal and collective shadow, and psychosis vs. awakening we understand the experiences we may go through while struggling with spiritual awakenings. This practical book opens new understandings of how to live in the world while going through an awakening process, and offers the revolutionary idea that we are meant to be humans, to have a physical body with physical, sensate experiences and emotions. We are meant to live in the

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world and be a part of it even as fully awakened individuals. This guide proposes a look at the possibility of leading a grounded, earth-bound life of work, family, friends, and other experiences in an awakened state.

I Am contains spiritual and mystical teachings from enlightened masters in South Africa, Egypt, Bhutan, The Maldives, Italy and Peru. These profound teachings point the way to love, peace, bliss and freedom, encouraging a transformation of consciousness and spiritual awakening.

THE NEW SPIRITUALITY IS ALL ABOUT EVOLUTION  
In Evolutionary Enlightenment: A New Path to Spiritual Awakening, Cohen redefines spirituality for our contemporary world  
Secret Proven Method Founded on Spiritual Guidance to Get Results Every Single Time



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The Psychology of Spiritual Awakening  
Guiding You through Spiritual  
Awakening and Beyond  
Madness and Spiritual Awakening in  
Art

This Book Includes: Chakras for  
Beginners, Chakras Healing, Psychic  
Awakening, Psychic Abilities. Awake  
Your Spirituality Improve Your Mind  
Power and Create New Positive Energy  
A Spiritual Awakening to Love & Weight  
Loss

Evolutionary Enlightenment  
World-renowned spiritual  
guidance expert, new-age  
thought leader Necole  
Livingston brings to light  
the secret spiritual code of  
life that every human being  
has at their disposal and  
the ability to master every  
single spiritual awakening

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one will ever have. From the moment one realizes she is experiencing a world colored with such ethereal vibrancy, her existence then transforms her human into a state of panic and confusion. While standing within a timeless paradigm, the shift that is occurring is felt by every single pixel of her entire being. Time stands still, yet the world keeps moving. As the veil is lifted, she is exposed to her life from the outside in and the inside out at the same exact moment of timelessness as she is still within her now. It is that very moment that same human will become aware that

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they are indeed a soul within a body and the life they have been living is getting ready to transform with overwhelming significance, yet unsettling and surreal calm. This book allows the reader their own private passage directly into their own paradoxical journey to actively engage and willingly participate in this thing that is happening to them called spiritual awakening. The best-selling enlightenment author skillfully helps the reader cultivate their own strategic approach to their awakening by applying the step-by-step, proven methods carefully outlined in this

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creative, interactive,  
priceless spiritual toolbox.  
With each invaluable moment,  
the reader experiences  
breakthroughs while  
controlling their own  
magnificent transformation,  
mind, body, spirit. The game  
changer to their own destiny  
has begun.

6 Books in 1 Boxset HARNESS  
THE POWER OF YOUR INNER  
KUNDALINI! BEGIN YOUR  
JOURNEY OF SPIRITUAL  
AWAKENING! Included in this  
collection are some of the  
top books to guide you  
through your kundalini  
growth and awakening. If you  
are looking to accelerate  
your spiritual path to  
enlightenment, then this

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book collection is exactly what you need! Included books: Kundalini Awakening: Attain Spiritual Enlightenment, Transcendence & Higher Consciousness- Increase Psychic Abilities, Mind Power, Tune Into Your Energy Creation Frequency & Open Your Third Eye  
Kundalini Awakening: Highly Effective Guide to Achieve Higher Consciousness, Transcendence & Spiritual Enlightenment-Increase Mind Power, Psychic Intuition, Energy Vibration Frequency and Evolve Kundalini  
Awakening Guided Meditation: Highly Effective Methods to Awaken Your Third Eye, Attain Higher Consciousness

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& Spiritual Enlightenment-  
Increase Energy, Balance  
Chakras & Heal Your Body  
Chakra Awakening Guided  
Meditation: Highly Effective  
Methods to Heal Your Body,  
Awaken Your Third Eye,  
Expand Mind Power & Achieve  
Higher Consciousness Using  
Chakra Healing, Balancing &  
Guided Imagery Chakra  
Awakening for Beginners:  
Highly Effective Methods to  
Awaken Your Chakras, 3rd Eye  
& Kundalini Energy-Heal the  
Body, Increase Energy &  
Intuition Using Guided  
Meditation, Reiki & Chakra  
Healing Chakra Awakening: 21  
Days of Highly Effective  
Guided Meditations to Awaken  
Your Chakras, 3rd Eye &

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Achieve Higher Consciousness-  
Increase Energy, Psychic  
Intuition, Balance Chakras &  
Heal Your Body

This book is the gift of a  
discerning heart that offers  
both practical and  
inspirational wisdom to  
those who would live a  
discerning life.

A liberating 12-step guide  
to recognizing the emotional  
issues that hold us back,  
with strategies to increase  
our energy and help us reach  
our potential by the health  
and spiritual advisor to  
Gwyneth Paltrow. Based on  
the powerful mind-body  
strategy Dr. Habib Sadegh  
developed to help himself  
recover from cancer more

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than twenty years ago, The Clarity Cleanse will enable you to help your mind clear and your body heal. A regular Goop contributor in health and spirituality, Dr. Sadeghi shows you how to turn obstacles into healing and energizing opportunities. Because negative emotions actually do damage on the cellular level, The Clarity Cleanse offers guidance for cleansing both your body and your mind. You will learn how to: Create a clear intention Purge negative emotions Practice compassionate self-forgiveness Refocus negative energy to move beyond doubt



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and fear Ask the kind of questions that will help your relationships. The Clarity Cleanse includes Dr. Sadeghi's Intentional Unsaturation Diet, which helps support emotional cleansing by removing the residue of repressed negative emotions. The diet is designed to reduce congestion in the liver, gallbladder, lungs, kidneys, and pancreas-the organs most affected by feelings such as resentment and anger. Dr. Sadeghi's friends at Goop have offered eighteen recipes to help make this cleanse delicious. Following the twelve steps in this book will help you to

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achieve a sense of peace and control, raise your self-esteem, and assert yourself in new ways to achieve positive and lasting change. Then, finally, you will be able to express your true, authentic self.

Welcoming the Spiritual  
Awakening Within Me  
Discernment

12 Steps to Finding Renewed  
Energy, Spiritual  
Fulfillment, and Emotional  
Healing

Clear Guidance on the Path  
of Spiritual Awakening

A New Earth

The Spiritual Awakening From  
Within

A Guide to Spiritual  
Enlightenment

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**With perfect precision, the author guides the reader along a path of awakening which leads to liberation from the pain and limitations of the past into the joyful and unlimited world of Now. This book reveals, in the simplest way, how to still the mind and become fully present and awake in the truth of life. Perhaps the most important aspect of this book is the author's unique insight into the nature of the mind and ego. He describes in detail how the ego's resistance to Presence is the primary obstacle to awakening and how we can overcome that resistance in a simple and effective way. Each page of this book reveals a part of the mystery. There are hidden keys**

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to awakening on every page. It is like a road map home.

**WithinA Spiritual Awakening to Love & Weight LossOpen Road Media**

**Do you know how to comfort others? Do you need to be comforted in daily life? If your answer is "yes", this might be the book you are looking for. In this book, I have been guided by all my wonderful followers all around the world to find more of those hidden words from within and continue with my amazing journey, that story, and where I am with my life now. There are many souls that my message has not reached yet and this book will allow me to reach souls worldwide. In this book, I have written where I am in life and the**

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**words that my guides have given me over the years that I have been writing. With each paragraph that you will read, you will find something that will help you as you progress in your journey of life. Let this book be a guide only and to comfort you in your daily life. These are the words that have been given to me by a higher self, my spiritual guide from the spiritual world and if you reach deep into your inner soul you too will find words that will comfort someone else. In *Spiritual Awakening: the easy way*, Tim van der Vliet demonstrates through five simple steps that we don't need to read libraries full of hefty tomes to become enlightened, or to wake up. His message is**

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**sharp, raw and straightforward - a surprising combination of spirituality and humour. Tim has the ability to get to the core of what's important, keep it simple and be funny when you least expect it; his words will inspire you and make you laugh at the same time. You can read them over and over again and find new perspectives through their transformative nature... or maybe because the words have changed you.**

**Stepping Into the Light**

**Within**

**Without Reservation**

**Using Life's Changes for Spiritual  
Awakening**

**The Leap**

**4 Books in 1: Open Third Eye & 7  
Chakras Through Guided**

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**Meditation & Breathing  
Techniques. Develop Psychic  
Abilities, Empath Healing &  
Clairvoyance with Kundalini  
Awakening.**

**The Beginning of Our Religious  
Traditions**

Whether it happens all at once or gradually over time, spiritual awakening is an experience that may be accompanied by great insight, ecstatic bliss, or a mystical infusion of light, love, and vision. But it can be an overwhelming experience, too, leaving those to whom it 's occurred searching for answers and understanding. Written by a transpersonal psychologist and non-dual teacher, this book will help you understand the phenomenon of spiritual awakening, and provide guidance and support for you on your

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spiritual journey. At the heart of most spiritual traditions is the understanding that we are one with all of existence. This realization, also known as spiritual awakening or spiritual emergence, can occur spontaneously, after years of spiritual practice, or through many other portals. Although awakening is often considered a purely positive experience, many people are not prepared for the ramifications of such a life-altering event. When your perception of yourself and reality has been altered, you may find yourself with more questions than answers. Where can you turn? Based on over thirty years of case studies, as well as the author ' s own experiences, *When Spirit Leaps* explores the why and what of spiritual awakening, revealing how this phenomenon



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occurs across all traditions, and exploring the various ways it can happen. Including discussions on kundalini energy, meditation, yoga and qigong, breathwork, near-death experiences, and much more, this inspirational book offers companionship and practical solutions to common challenges along the spiritual path of awakening. With this book as your guide, you 'll gain a deep understanding of the process and different portals of awakening, and find comfort and support in the real-life stories of those who have experienced this shift in consciousness and faced its challenges. Most importantly, you 'll learn how you can embody this awakening and live joyfully and effectively without attachment to a personal sense of self, but as the

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oneness with all that is your true nature. No matter where you are on your spiritual journey, this book will help you along the way.

One hundred insightful reflections on ten keys for sacred living, including 'Find Your Own Voice', 'Open Your Heart' and 'Be Love' -- spiritual guidelines to be savoured again and again. Seekers of all faiths will discover authentic nuggets of wisdom to sustain along the inner journey toward God or Spirit.

The Awakening Artist: Madness and Spiritual Awakening in Art is an art theory book that explores the collision of human madness and spiritual awakening in art. It examines a condition of insanity that can be seen in most art movements throughout art history and contrasts that insanity with revelations of

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beauty, wonder and truth that can also be found in many works of art. The Awakening Artist references concepts of creativity put forward by Joseph Campbell, Carl Sagan, Albert Einstein, Carl Jung and others. Furthermore, The Awakening Artist discusses many of the world's most important artists who explored the theme of awakening in art including Michaelangelo, Paul Cezanne, Claude Monet, Marcel Duchamp, Morris Graves and many others. Additionally, using concepts of Eastern philosophy, the book presents the case that human creativity originates from the same creative source that animates all of life, and that the artist naturally aligns with that creative source when he or she is in the act of creating. The 10th anniversary edition of A New Earth with a new preface by

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Eckhart Tolle. With his bestselling spiritual guide *The Power of Now*, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In *A New Earth*, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, *A New Earth* is a profoundly spiritual manifesto for a better way of life—and for building a

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better world.

Consciousness Rising

The Journey Of Finding Your Inner

Soul: Comforting Word About Life

Stages of Spiritual Awakening for

Lesbians and Gay Men

Having the Life You Want by Being

Present to the Life You Have (20th

Anniversary Edition)

I Am

Kundalini Awakening Mastery

The Spiritual Awakening Process

To make the journey into the Now

we will need to leave our analytical

mind and its false 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 breathe a lighter air. We become

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connected to the indestructible essence of our Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer 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 experience in readers, one that can radically change their lives for the better.

This book will teach you about spiritual awakening in the most direct way possible without traditional spiritual or religious

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beliefs. It will also teach you about the process of enlightenment in a no-nonsense and neutral way so that you can get your own unbiased opinion and decided whether this is something you want to pursue for your own life. Nothing will be left out and it will help you challenge ideas and beliefs you may have about what it means to have a good life or whether looking for happiness can really work. I will also share with you my personal experience and explain to you concretely how awakening works and its impact on your life. Moreover, we will look at the physical changes your body goes through during the process and how your awakening affects people

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around you. We will also discuss how your entire life changes during the process.

Loss--feeling unacceptable to family, church, or workplace; losing loved ones to AIDS; being despised by segments of society--is universal among lesbians and gay men. Using an eight-phase model illustrated with real case histories, the authors explore loss as a catalyst for growth and personal and spiritual transformation.

In *The Spiritual Awakening of H*, the author Ramanda brings together and reconstructs the events, circumstances, and experiences that occurred while attending a Religious Science Conference at the Asilomar



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Grounds in Pacific Grove California.

As the profound experiences of the week unfolded for Ramanda, he asks again and again, "Why are these things happening?" He attributes the synchronicity of the week to the depth of his connection during the prayer treatment on the first day.

The retelling of this deeply personal spiritual journey is intended to give the reader inspiration to seek one's own awakening, to find the Divine within. Every individual's spiritual journey is deeply personal, yet most share a common theme-we are all connected. The Spiritual Awakening of H expresses the gratitude and tremendous joy that comes from this journey of life, as well as the

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humility in realizing we are all here for a reason. If you are looking to live with a greater sense of community and uplift your spirit, immerse yourself in The Spiritual Awakening of H. This book reveals the depth of his spiritual connection through his appreciation for every precious detail of life, and ultimately it is the story of how Howard became Ramanda, or god/man balanced. It is Ramanda's hope that in reading these shared experiences, you will experience more of yourself, and together we will become one with the Spirit that has given forth this message.

The Clarity Cleanse

Awakening to Your Life's Purpose

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Spiritual Awakening (The Easy Way)

The 90-Day Spiritual Awakening Journal

Awakening to Native American Spirituality and the Ways of Our Ancestors

Awakening to the Fifth Dimension

6 Books In 1: Achieve Higher

Consciousness & Spiritual

Transcendence Using Meditation -

Increase Psychic Intuition, Mind

Power, Awaken Your Third Eye &

Evolve

From a Spiritual Master Unlike Any,

A Spiritual Masterpiece Like No

Other AUTHOR, TEACHER AND

SPIRITUAL MASTER Jed McKenna

tells it like it's never been told

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before. A true American original, Jed succeeds where countless others have failed by reducing this highest of attainments - Spiritual Enlightenment - to the simplest of terms. Effectively demystifying the mystical, Jed astonishes the reader not by adding to the world's collected spiritual wisdom, but by taking the spirituality out of spiritual enlightenment. Never before has this elusive topic been treated in so engaging and accessible a manner. A masterpiece of illuminative writing, Spiritual Enlightenment is mandatory reading for anyone following a spiritual path. Part exposé and part how-to manual, this is the first book to explain why failure seems to be the rule in the search for enlightenment - and how the rule

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can be broken. Says Jed: The truth is that enlightenment is neither remote nor unattainable. It is closer than your skin and more immediate than your next breath. If we wonder why so few seem able to find that which can never be lost, we might recall the child who was looking in the light for a coin he dropped in the dark because "the light is better over here." Mankind has spent ages looking in the light for a coin that awaits us not in light and not in dark, but beyond all opposites. That is the message of this book: Spiritual enlightenment, pure and simple.

Are you looking for a powerful guide to awake your Inner Energies and Improve your Spiritual Practices? Do you feel the need to meditate and to be spiritually

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reborn? This travel will take you to discover hidden powers locked inside you and teach you techniques to release them! You will have at your disposal a complete and powerful guide to spiritual self-healing. Spiritual Awakening box set Includes following 4 Books: Chakra Awakening Guided Meditation To Awaken Your 7 Chakras, Third Eye Chakra, Attain Psychic Awareness & Clairvoyance. Enhance Intuition, Mind Power & Heal Your Body To Achieve Spiritual Healing. Third Eye Awakening How To Awaken Your Third Eye Chakra, Increase Mind Power, Empath, Psychic Abilities, Intuition & Awareness Using Chakra Meditation & Self Healing. Kundalini Awakening: Awaken Kundalini Energy, Improve Psychic Abilities,

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Intuition, Higher Consciousness, Third Eye. Expand Mind Power, Heal Your Body Through Kundalini Yoga & Chakra Meditation. Kundalini Awakening Guided Meditation To Develop Emotional Intelligence, Psychic Abilities, Awareness, Intuition, Awaken Third Eye Chakra & Chakra For Beginners. Activate Breathing & Healing Body. In this bundle you will learn what Chakras are, how we discovered their existence and who has them and can heal them. You will find everything you need to know about secret way to perform mind and body balancing practices. You'll know how to awaken the Third Eye which is associated with Spirituality and understanding of Spiritual Things. Many people mistake this for being religious,

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although one can be religious without being Spiritual. When the Third Eye is opened, it changes your life and your perspective of things and you have this feeling of inner wellbeing that you may never have otherwise experienced. It's almost akin to the opening of a door to understanding. You will get all the tools you need to practice Kundalini Yoga and awaken Kundalini energy. Kundalini yoga, which works not only to awaken the dormant serpent energy but also to retain the balance of these energy systems, is a synthesis of several yoga practices and focus on breath, postures, and guided meditations to engage the primal life-force within. The topics of this box set are treated in depth, the change in your spiritual life is contained in this



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meditation path that only this book can give you. Are you ready to discover this exciting spiritual world? You will discover things about yourself that you have never known... Begin today this journey to discover your spirituality and make your life better and more balanced with the Spiritual Awakening.

A new edition of the #1 NYT's bestseller by Mark Nepo, who has been called "one of the finest spiritual guides of our time" and "a consummate storyteller."

Philosopher-poet and cancer survivor Mark Nepo opens a new season of freedom and joy—an escape from deadening, asleep-at-the-wheel sameness—that is both profound and clarifying. His spiritual daybook is a summons to reclaim aliveness, liberate the self,

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take each day one at a time, and savor the beauty offered by life's unfolding. Reading his poetic prose is like being given second sight, exposing the reader to life's multiple dimensions, each one drawn with awe and affection. The Book of Awakening is the result of Nepo's journey of the soul and will inspire others to embark on their own. He speaks of spirit and friendship, urging readers to stay vital and in love with this life, no matter the hardships.

Encompassing many traditions and voices, Nepo's words offer insight on pain, wonder, and love. Each entry is accompanied by an exercise that will surprise and delight the reader in its mind-waking ability.

Discover how to use change as a

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gateway to greater personal and spiritual growth. Brumet weaves together strands of psychology, Eastern and Western mysticism, Bible interpretation, and personal stories as he gently guides you into new beginnings. Winner of the Athena Award for Excellence in Mentoring.

The Damnedest Thing

Navigating the Process of Spiritual Awakening

A Spiritual Awakening to Love and Weight Loss

Coming Out Within

An Emotions Anonymous (EA) 12 Step Workbook

Spiritual Awakening

Kundalini, Psychic Abilities, and the Conditioned Layers of Reality

**Many people have probably heard the word "psychic"**

**and "psychic abilities."**

**However, few know how these abilities can actually help you in your everyday life. Using psychic abilities allows you to open your mind and use more of your brain to try and connect to the outside world. But what are those things that allow you to open your mind and use more of your brain? The answer is Chakras. Chakras are centers of energy located inside the body that assists in regulating all of the processes in the human. When activating a chakra you will start to feel energy pushing you or making the**

**hair on the back of your neck stand up. Each individual chakra has its own frequency that it vibrates to control the functioning of the body. Our ancestors knew that our spirituality is connected with our body thanks to pineal gland. The pineal gland, also referred to as the 'seat of the soul, ' plays a very important role in the third eye chakra awakening. It is the physical location of the third eye. This book will explain the real role of the pineal gland and the reasons due to which science now acknowledges**

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**its importance in gaining higher consciousness. It is the most important gland when it comes to raising your levels of consciousness and gaining psychic powers. It doesn't require any special kind of person to activate the third eye. You can activate it if you prepare yourself well; this book will help you in that preparation. Thanks to "SPIRITUAL AWAKENING 4 BOOKS IN 1: Chakras for beginners, chakras healing, psychic awakening, psychic abilities. Awake your spirituality improve your mind power and create new**

**positive energy" by Crystal Stones you will be able to understand the correct process and the way you should move on the path to achieve success. When we speak of psychic ability, we basically refer to accepting information from sources we may not understand, reacting to inexplicable experiences with to them openness and trust instead of fear. Everybody is likely to have been touched by at least one psychic ability. You should become familiar with a few, including seeing visions, déjà vu, and sensing danger. In this**

**book, we will explore what we mean when we say a person "is psychic", some different manifestations of psychic phenomena, and the main types of psychic perception. You will learn how to recognize, awaken and stimulate your own psychic abilities through a number of techniques. You will discover tools and practice exercises to strengthen and harmonize your body's energy fields, explore the world, and strengthen your connections with other people. Here's what you'll learn in this book: - The**



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**Seven Chakras - The Third  
Eye Chakra - The Planets  
and Your Chakras - Some  
Yoga Exercises - Balancing  
Your Chakras- Chakras and  
Aura - Early signs and types  
of psychic abilities - What is  
psychic power and how do  
you discover your intuitive  
type? - The art of crystal  
gazing or scrying - The  
intuition - The language of  
divination - The first step to  
developing your psychic  
power - Protecting yourself  
against spirits - The six  
"clairs" of psychic senses  
and abilities - Awakening  
your higher self - Know  
your chakras ...and much**

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leading writers on religion  
and the highly acclaimed  
author of the bestselling A  
History of God, The Battle  
for God and The Spiral**

**Staircase, comes a major new work: a chronicle of one of the most important intellectual revolutions in world history and its relevance to our own time. In one astonishing, short period - the ninth century BCE - the peoples of four distinct regions of the civilized world created the religious and philosophical traditions that have continued to nourish humanity into the present day: Confucianism and Daoism in China; Hinduism and Buddhism in India; monotheism in Israel; and philosophical rationalism in**

**Greece. Historians call this the Axial Age because of its central importance to humanity's spiritual development. Now, Karen Armstrong traces the rise and development of this transformative moment in history, examining the brilliant contributions to these traditions made by such figures as the Buddha, Socrates, Confucius and Ezekiel. Armstrong makes clear that despite some differences of emphasis, there was remarkable consensus among these religions and philosophies: each insisted on the**

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**primacy of compassion over hatred and violence. She illuminates what this “family” resemblance reveals about the religious impulse and quest of humankind. And she goes beyond spiritual archaeology, delving into the ways in which these Axial Age beliefs can present an instructive and thought-provoking challenge to the ways we think about and practice religion today. A revelation of humankind’s early shared imperatives, yearnings and inspired solutions - as salutary as it**

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**is fascinating. Excerpt from  
The Great Transformation:  
In our global world, we can  
no longer afford a parochial  
or exclusive vision. We must  
learn to live and behave as  
though people in remote  
parts of the globe were as  
important as ourselves. The  
sages of the Axial Age did  
not create their  
compassionate ethic in  
idyllic circumstances. Each  
tradition developed in  
societies like our own that  
were torn apart by violence  
and warfare as never  
before; indeed, the first  
catalyst of religious change  
was usually a visceral**

**rejection of the aggression that the sages witnessed all around them. . . . All the great traditions that were created at this time are in agreement about the supreme importance of charity and benevolence, and this tells us something important about our humanity.**

**Nicky Sutton offers this transformative guide to spiritual awakening, giving advice on manifesting, meditating and moving through any challenging parts of the journey from awakening to rebirth. A compassionate guide to the**

**process and challenges of spiritual awakening, from breakthrough and enlightenment to finding peace, balance and connection with your higher self. How do you know if you're experiencing a spiritual awakening? If your 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 change, or a mystical experience, can cause a spontaneous and**



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**unexpected shift within us. Spiritual and meditation guide Nicky Sutton is here to help you navigate the waves of transformation as you awaken to further revelations. In this book she breaks down the stages of spiritual awakening and offers compassionate, practical advice to enhance your journey - including tips for manifesting, meditating, and developing your psychic and intuitive abilities. You are an ever-evolving being on the road to greater understanding, and this powerful and reassuring guide is here to**

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**help you rise to the  
challenge of spiritual  
awakening and find peace,  
balance, and connection  
with your higher self.**

**Awakening the Spirit  
Within**

**When Spirit Leaps**

**Journey Into Now**

**The Engineer's Guide To  
Spiritual Awakening**

**The Great Transformation**

**The Spiritual Awakening of  
H**

*What does it mean to be  
enlightened or spiritually  
awakened? In *The Leap*, Steve  
Taylor shows that this state is much  
more common than is generally*

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*believed. He shows that ordinary people — from all walks of life — can and do regularly “wake up” to a more intense reality, even if they know nothing about spiritual practices and paths. Wakefulness is a more expansive and harmonious state of being that can be cultivated or that can arise accidentally. It may also be a process we are undergoing collectively. Drawing on his years of research as a psychologist and on his own experiences, Taylor provides what is perhaps the clearest psychological study of the state of wakefulness ever published. Above all, he reminds us that it is our most natural state — accessible to us*

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*all, anytime, anyplace.*

*"Dr. Sadeghi is the doctor who has changed my life. This book will change yours." --Gwyneth Paltrow*

*In his latest book, Dr. Habib*

*Sadeghi provides a*

*compassionately based,*

*scientifically sound approach to the*

*missing ingredient in the weight-*

*loss recipe: self-love. You'll learn*

*that real self-love is far more than*

*an ethereal concept. It's a tangible*

*evolutionary force that will create*

*changes in your life that can only*

*be described as miraculous. Did*

*you know that the electromagnetic*

*power of the heart is five thousand*

*times stronger than that of the*

*brain? That's the power of your*

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*love, and you'll learn how to harness its healing energy by taking one simple step. You'll discover the exciting emerging science of epigenetics and that fat is not all in the family. You've never been doomed by your genes and have far more control over your weight than you ever realized. Most importantly, this program was created, from compassion and experience, by someone who has been there. You'll be amazed and inspired as Dr. Sadeghi shares how this program created a profound healing in his own life. So prepare yourself for a revelation that combines the latest science with spiritual nutrition for a quantum*

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*weight-loss program that serves up a satisfying portion of real soul food. Take the journey to discover where the answers have been all along . . . within. All proceeds from Within will be donated to Roots of Empathy, University of Santa Monica and Healing Institute of Beings.*

**STEPPING INTO THE LIGHT**  
*shares what saints and mystics have been teaching from the beginning of creation - that we are spiritual beings having a human experience. Through quotes, stories and poetry from a range of teachers, contemporary and traditional, the book is about taking a pause to consider and reflect on*

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*their words. The mystics tell us it is no small process to open a pathway into the essence that is soul. They explain that life can be an amazing journey - an opportunity to expand awareness, consciousness, and understanding. The mystics want each of us to experience the Lord's love at every moment. When we step into the light of our being, the soul starts awakening into joy. This transition is a time of incredible growth - step by step - towards full realization. STEPPING INTO THE LIGHT is an invitation to explore.*

*The Spiritual Awakening Guide  
A New Path to Spiritual Awakening  
The Power of Now*

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*The Peace of the Spirit Within  
A Path to Spiritual Awakening  
Simple Exercises to Discover God's  
Presence in Everyday Life  
The No-Nonsense Introduction to  
Spiritual Awakening for Everybody*