

Chakra Delight Singing Bowls For Balancing The Energy Centers

Presents works of art selected from the South and Southeast Asian and Islamic collection of The Metropolitan Museum of Art, lessons plans, and classroom activities.

• Provides a precise map of the energetic biofield that surrounds the body, showing where specific emotions, memories, traumas, and pain are stored • Details how to locate stored trauma in the biofield with a tuning fork and clear it • Winner of the 2015 Nautilus Silver Award

When Eileen McKusick began offering sound therapy in her massage practice she soon discovered she could use tuning forks to locate and hear disturbances in the energy field, or biofield, that surrounded each of her clients. Passing the tuning forks through these areas in the biofield not only corrected the distorted vibrational sounds she was hearing but also imparted consistent, predictable, and sometimes immediate relief from pain, anxiety, insomnia, migraines, depression, fibromyalgia, digestive disorders, and a host of other complaints. Now, more than 20 years later, McKusick has fully developed her sound healing method, which she calls Biofield Tuning, and created a map of the biofield, revealing the precise locations where specific emotions, memories, ailments, and traumas are stored. In this book, McKusick explains the basics of Biofield Tuning practice and provides illustrations of her Biofield Anatomy Map. She details how to use tuning forks to find and clear pain and trauma stored in the biofield and reveals how the traditional principles and locations of the chakras correspond directly with her biofield discoveries. Exploring the science behind Biofield Tuning, she examines scientific research on the nature of sound and energy and explains how experiences of trauma produce "pathological oscillations" in the biofield, causing a breakdown of order, structure, and function in the body. Offering a revolutionary perspective on mind, energy, memory, and trauma, McKusick's guide to Biofield Tuning provides new avenues of healing for energy workers, massage therapists, sound healers, and those looking to overcome chronic illness and release the traumas of their past.

The Complete Guide to Self-Care features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Caring for yourself is far from selfish and self-care is far from a new phenomenon, but it's recently been in the popular vernacular. With screens, work emails on our phones, notifications, and poor boundaries between ourselves and the world around us, taking time and making space for ourselves has become more and more important. Therapy, caring for plants, making your favorite dish...these are all little ways to reclaim parts of yourself that you've lost track of in the daily hustle of life. With encouraging reminders, inspiring thoughts, easy wins, and practical advice, The Complete Guide to Self-Care helps you identify your needs so you can relax, refuel, and find calm in your hectic life. This book tells you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep, and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend? The Complete Guide to Self-Care is a book for people who need to relax, chill out, or recenter. You'll learn how to achieve this by: Setting an effective and fruitful sleep schedule Creating exercise routines and not feeling bad about falling off the bike Saying no to things you don't want to do (and things that maybe you do but don't have space for) Reading, writing, art, music, and all forms of expression that water our soul Setting aside time that is only for you, no one else, no exceptions Watering yourself and giving yourself proper nutrients In the tumults of our hectic world and your busy life, if you're working toward being emotionally available and hungry for stability, a happier and healthier you is within your grasp.

The effect of sound is unquestionably powerful, with a remarkable ability to heal and restore balance from the inside to out. By breaking down scientific principles and studies into accessible, understandable, and applicable wisdoms and techniques, sound healing pioneer Jonathan Goldman reveals how sound can be used as personal vibrational therapy for your mind, body, and spirit. Journey into the realm of sound through learning: • the basic principles of vibration • the importance of your intent • the uniqueness of sound to everyone • the importance of silence • our own voice's healing properties • the diverse healing applications of sound • the global, all-encompassing effect of sound

Practical information and exercises provide an interactive understanding of using sound as a healing modality, while Goldman's exploration of a variety of ancient and modern techniques will guide you into living a more harmonious life. Goldman's guided meditations and exercises in his free audio download are specifically designed to enhance your relaxation and healing, helping to bring the seven core secrets of sound healing into your heart and home.

You've probably heard the expression, "If these walls could talk..." With psychic touch, or psychometry, you can learn to read the energy of objects, places, and people. Popular author Ted Andrews presents a positive and straightforward system for developing your psychic skills. With this guide, learn the basics of psychometry, why it works, and simple techniques for doing your own readings. Using psychic touch, you can tune in to the world around you in a fascinating new way. Discover how to: Find lost objects and people Sense health imbalances Assess places and objects for harmonious or challenging energy Use psychic skills responsibly and ethically Enjoy a richer and more informed perspective on life

Shantideva's Bodhisattvacharyavatara (A Guide to the Bodhisattva's Way of Life) holds a unique place in Mahayana Buddhism akin to that of the Dhammapada in Hinayana Buddhism and the Bhagavadgita in Hinduism. In combining those rare qualities of scholastic precision, spiritual depth and poetical beauty, its appeal extends to a wide audience of Buddhists and non-Buddhists alike. Composed in India during the 8th century of the Christian era, it has since been an inspiration to millions of people throughout the world. This present translation by Stephen Batchelor is based upon a 12th century Tibetan commentary as orally explained by Ven. Geshe Ngawang Dhargyey. The ninth chapter on wisdom has been expanded for this edition with relevant commentarial passages.

Now in paperback! Following the category-dominating success of Witchery, indigenous medicine woman and seer Juliet Diaz initiates readers following the current witchy trends of herbal medicine and magic into a deeper, wilder connection with the ancient healing power of over 200 plants. All it will take is for you to slow down and pay attention to the world around you and, I promise, you will find the world within you.

Indigenous seer, gifted plant whisperer, and Witchery author Juliet Diaz invites you to walk the path of the Plant Witch. Journey far beyond the basic medicinal and magical properties of plants, deep into Mother Earth's drumming heart. Drawn from ancestral practices passed down by generations of teachers, the lessons in this book will awaken your intimate connection with nature, your ancestors, your guides, and to your true self through the powerful magic of plants. Within these pages, you will learn: • Essential, magical, and medicinal properties of 200 herbs, flowers, trees, and fruits. • Rituals for abundance, cleansing, and connecting with spirits. • Spells to ward against evil, find answers, and protect against self-sabotage. • Potions to open your third eye, bring luck, and promote creativity. • Communication techniques for speaking and listening to plants. • The optimal moon phases and seasons to work with different plants. Even as humans forget our place in nature's rhythm and cause harm to our Earth Mother, the spirits of plants still call out to us, appear in our dreams, and inspire us as they push through cracks in cement-resilient and determined to thrive. From abre camino and acacia to yucca and ZZ plant, each has unique personality and wisdom to share if we are only willing to listen.

In the 1950s, Dr Alfred Tomatis pioneered the use of sound to enhance auditory pathways and improve brain function. This new field of treatment called Sound Therapy promised hope for those with tinnitus, chronic ear problems, fatigue, insomnia and learning difficulties. This best-selling book is the fascinating story of how Patricia and Rafaele Joudry brought Sound Therapy to the wider public, and how it can be used to heal an array of conditions almost as varied as the brain itself.

Tapping into children's seemingly inherent love of rocks, this accessible introduction to gemology provides youngsters with a base understanding of crystal qualities, the power of colors, and the metaphysical importance of positive thinking. Divided into seven sections,

each chakra is explored and visualization exercises are included in order to experience the chakra's energy. Explaining the perils of an imbalance in these areas, practical advice is given for choosing the best stones to restore equilibrium. Each crystal has a photograph and text describing its appearance and energy qualities, as well as concrete examples of life situations where a crystal and some positive thought affirmations can be helpful. Also included are free space sections for writing down one's experiences and reflections, as well as a Life Challenges Easy Reference Chart.

A comprehensive introduction to chakras, featuring the seven major energy centers of the body, their function, and the ideal way to heal and balance them, details each of the chakras, their associated color, Indian deity, healing stone, and emotional and physical actions and includes step-by-step yoga exercises. Original.

As portals between the physical and spiritual planes, the chakras offer unparalleled opportunities for growth, healing, and transformation. Anodea Judith's classic introduction to the chakra system, which has sold over 200,000 copies, has been completely updated and expanded. It includes revised chapters on relationships, evolution, and healing, and a new section on raising children with healthy chakras. *Wheels of Life* takes you on a powerful journey through progressively transcendent levels of consciousness. View this ancient metaphysical system through the light of new metaphors, ranging from quantum physics to child development. Learn how to explore and balance your own chakras using poetic meditations and simple yoga movements—along with gaining spiritual wisdom, you'll experience better health, more energy, enhanced creativity, and the ability to manifest your dreams. Praise: "Wheels of Life is the most significant and influential book on the chakras ever written."— John Friend, founder of Anusara Yoga

Read Tarot in the Present Moment, Full of Joy, Prosperity, and Peace Fill your heart with abundance and ease by uniting Tarot with the modern mindfulness movement. Combining the card archetypes and meanings with today's well-researched methods of meditation, this groundbreaking book shows you how to find a clearer path forward through compassion. Mindful Tarot cultivates our capacity to live and love what is unknown and unresolved. It is a practice of patience and openness, encouraging you to embrace the present moment: complete, lavish, and unconstrained. Lisa Freinkel Tishman teaches you to develop skills on three levels: mindful awareness of yourself and your querent, a deeper relationship with your cards, and a transformed understanding of the Tarot system. She also provides exercises, analyses of all 78 cards, and step-by-step examples of her own daily practice.

Book & CD. Over the centuries many people have found relief from pain, stress, negative energy, and a variety of physical ailments through the sound and vibrations of Tibetan singing bowls, whose use has become increasingly popular in the West. This book offers step-by-step techniques for using the bowls for meditation, relaxation, and healing ailments such as insomnia, headache, stress-related intestinal disorders, and high blood pressure. A CD demonstrating the methods accompanies the book.

Designed for meditation and contemplation, this set of 44 beautiful cards and accompanying book explore in great depth the spiritual and metaphysical qualities of crystals and how to communicate with the part of the collective consciousness that the crystals represent. Each card is a photographic mandala featuring a different crystal that conveys messages directly into the consciousness of the viewer. The corresponding volume contains information about crystal healing and meditation practice. Together the cards and the book build a map, representing the shared spiritual and healing potential that these meditations can bring.

What is a singing bowl? It is one of the ritual objects of Tibetan. It has therapeutic value as well. This book imparts information on the use of sound in meditation, healing and prayer and secretes of singing bowls by Tibetan monks. This book explains the Himalayan bowls ã also known as Tibetan or Nepalese singing bowls ãand the special sounds they make, called sound massage. The author discusses the meeting between East and West, singing bowls, sacrificial dishes, how the bowls work, synchronization and inner massage, shamanism and brainwaves, and practical instruction for working with these sounds. It does provide practical information about using them as well as showing you how to go about finding the bowl that is right for you. The mysteries explained here are a wonderful overview if you want to open your heart and mind to the therapeutic value to this phenomenon.

An examination of the role of sound in twentieth-century arts. This interdisciplinary history and theory of sound in the arts reads the twentieth century by listening to it—to the emphatic and exceptional sounds of modernism and those on the cusp of postmodernism, recorded sound, noise, silence, the fluid sounds of immersion and dripping, and the meat voices of viruses, screams, and bestial cries. Focusing on Europe in the first half of the century and the United States in the postwar years, Douglas Kahn explores aural activities in literature, music, visual arts, theater, and film. Placing aural activity at the center of the history of the arts, he revisits key artistic questions, listening to the sounds that drown out the politics and poetics that generated them. Artists discussed include Antonin Artaud, George Brecht, William Burroughs, John Cage, Sergei Eisenstein, Fluxus, Allan Kaprow, Michael McClure, Yoko Ono, Jackson Pollock, Luigi Russolo, and Dziga Vertov.

Chakra Delight Singing Bowls for Balancing the Energy Centers Binkey Kok, Holland

- Examines myths of the Chintamani from East and West, including from China, India, and South America; in legends of the Holy Grail and Atlantis; and in Nicholas Roerich's real-life quest for Shambhala
- Explains the Chintamani Matrix--the multidimensional field of light, energy, and consciousness that forms networks of gems on the etheric and physical levels
- Provides simple and advanced practices with crystal grids and meditation to help you access the Chintamani matrix and realize your innermost heart's desires

Space, time, intention, matter, and consciousness all entangle in crystals. Nowhere is this more evident than in the ancient gem archetype of the Chintamani, the wish-fulfilling jewel known in legends around the world as the stone that grants your heart's desires. As authors Johndennis Govert and Hapi Hara reveal, the Chintamani's "tachyolithic" technology of wish-granting and spiritual enlightenment creates a vehicle for positive transformation. They show how the Chintamani energy matrix can be accessed using tangible crystals and gemstones, meditation, yoga, and the powerful science of intention. Exploring the many Chintamani myths and legends from East and West, the authors explain how there are three types of Chintamani: the mythical gemstone, the power crystals of history, such as the Koh-i-Noor diamond, and the multidimensional field of light, energy, and consciousness that forms a network of all gems in what is known as "the jewel net of Indra" in Hinduism and Buddhism. Activating this crystal energy matrix provides a way to manifest your intentions and help you create the subtle diamond body. The authors detail specific gems and crystal spiritual technology that can affect material reality and trigger profound spiritual growth. They provide a number of simple practices with crystal grids and meditation to help you access the Chintamani matrix and become aware of the interconnected jewel net of consciousness. They examine the science of intention, which provides a basis for connecting to gemstones and crystals, and share advanced meditations to realize and activate your innermost heart's desires.

The teachings of the Buddha can be summarised as dealing with conduct and view. Conduct refers to the way we should behave, which is essentially to be non-violence. The Buddha counseled us to help each other if we can, and if we cannot at least to avoid doing one another harm. View refers to the way we understand how things exist. The Buddha explained

that nothing exists of its own accord in isolation. Everything exists in dependence on something else, the result of a variety of causes and conditions. His Holiness was requested to compose A Tantric Meditation to give an opportunity to people seriously interested in finding out about the practice of tantra the opportunity to do so without the necessity of receiving prior empowerment. Consequently, it includes a simple process of visualization, recitation of the traditional seven branch rite, recitation of mantras and dissolution of the visualised meditational deities into emptiness. If it is performed with faith, this meditation can be a source of great mental purification and merit but whether you do so or not is entirely up to the individual. If the teachings of the Buddha are to help us make spiritual progress it is also most important that we familiarise ourselves with them regularly, either by listening to them or by reading.

This work contains interviews with performance artists who talk about how certain childhood experiences have influenced and resurfaced in their work as an adult. The discussions focus on the relationship between art and life.

The Zenned Out Guide to Understanding Chakras is your essential introduction to restoring healing and balance. Part of the Zenned Out series, this book includes easy-to-digest actionable steps to enable readers to get started right away. This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the Journal of the Buddhist Society, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

The gateways to wonder and delight are flung open wide for all to enter. At once a beautiful love song and an encyclopedia of yogic techniques, the cherished text known as the Vijnana Bhairava Tantra shimmers with new effulgence in Lorin Roche's The Radiance Sutras. Lorin brings us his unique perspective on each of 112 Sanskrit teachings, along with his one-of-a-kind guidance in how to meditate with, embody, and practice them—what he describes as "answering the call of the sutras you love." Here is an invitation to experience directly the ecstatic depths of yoga as revealed by the divine partners Shiva and Shakti, through an intimate exploration of: The divinity that is permeating your body at this very moment The alchemical power of Sanskrit Yoga meditation—harmonizing all the elements and levels of your being The depths of your connection to the energies of life Taken as a whole, this teaching is startling in its breadth and the huge range of human experience that it encompasses. This is a book to savor one phrase at a time, over a period of days or years or a lifetime. With The Radiance Sutras, yoga and meditation students everywhere can nurture their own relationship with these living wisdom teachings.

This comprehensive guide to traditional and modern astrology is a treasure trove that brings together everything you need to know about the subject, including its meaning, correspondences and how to practise it. If you are a beginner, this book will help you to use astrology to choose the right path in life, understand yourself and others, find love or select a career. If you already have astrological skills, it will deepen and expand your knowledge of zodiac lore.

An accessible guide to the practice of conscious humming • Details conscious humming and breathing exercises from simple to advanced, including online access to examples of these practices • Examines the latest studies on sound, revealing how humming helps with stress levels, sleep, and blood pressure, increases lymphatic circulation, releases endorphins, creates new neural pathways in the brain, and boosts blood platelet production • Explores the spiritual use of humming, including its use as a sonic yoga technique and its role in many world traditions • Includes access to online examples, allowing you to experience the powerful vibratory resonance that humming can create Humming is one of the simplest and yet most profound sounds we can make. If you have a voice and can speak, you can hum. Research has shown humming to be much more than a self-soothing sound: it affects us on a physical level, reducing stress, inducing calmness, and enhancing sleep as well as lowering heart rate and blood pressure and producing powerful neurochemicals such as oxytocin, the "love" hormone. In this guide to conscious humming, Jonathan and Andi Goldman show that you do not need to be a musician or singer to benefit from sound healing practices—all you need to do is hum. They provide conscious humming and breathing exercises from simple to advanced, complete with online examples, allowing you to experience the powerful vibratory resonance that humming can create and harness its healing benefits for body, mind, and spirit. They explore the science behind sound healing, revealing how self-created sounds can literally rearrange molecular structure and how humming not only helps with stress levels, sleep, and blood pressure but also increases lymphatic circulation and melatonin production, releases endorphins, creates new neural pathways in the brain, and releases nitric oxide, a neurotransmitter fundamental to health and well-being. The authors show how sound can act as a triggering mechanism for the manifestation of your conscious intentions. They also examine the spiritual use of humming, including its use as a sonic yoga technique and its role in many world traditions, such as the Om, Aum, or Hum of Hindu and Tibetan traditions. Providing a self-healing method accessible to all, the authors reveal that, even if you have no musical ability, we are all sound healers.

With The Ultimate Guide to Chakras, tune in to your chakras, the power centers connecting your physical body and the world of energy. Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy. First discussed in ancient Hindu texts and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga, chakras hold the key to our well-being. By tapping into the power of our chakras, we can live healthier, balanced, and more abundant lives. Athena Perrakis, leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, addresses the nine major chakras we can tap into to balance, heal, and manifest. This guide explains how and why different crystals, essential oils, and sacred plants help to support each chakra. Each chapter of The Ultimate Guide to Chakras includes magical

exercises for accessing the energy of each chakra, including meditations, journal exercises, and working with goddesses and spirit guides. Readers will even learn how to create a dedicated chakra altar. Lavishly photographed and illustrated, this guide promises to be an essential volume for beginners and experienced energy workers alike. The Ultimate Guide to... series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, crystal grids, numerology, witchcraft, aromatherapy, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

Find the knowledge and inspiration you desire with this collection of Scott Cunningham's spells, essays, and rituals—collected for the first time from his best contributions to Llewellyn's Magical Almanacs. Delight in Cunningham's timeless wisdom on popular topics such as the Sabbats, protection magic, moon spells, and herbal remedies. New and longtime fans will marvel at Cunningham's ability to breathe magical life into such unique topics as tattooing, the divine history of sneezing, dressing with power, Greek oracles, birds of the deities, and more. Well known for perfecting his spells and rituals through experimentation before publishing them, Cunningham wrote with unmatched simplicity and grace. His words in this collection are sure to inspire you on your path to an enchanted life. About the author: Scott Cunningham was a much-loved writer whose classic book, *Wicca: A Guide for the Solitary Practitioner*, introduced generations of young witches to the Craft. The continued popularity of Cunningham's books on Wicca and natural magic is a testament to the power and truth of his writings.

****55% OFF for Bookstores!! LAST DAYS***** Whiting all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration, and Chakra Healing can show you how to harness that power with a wide range of simple, beginner-friendly exercises that anyone can do. This book will put you on the path to healing pain, allergies, indigestion, headaches, fatigue, and even emotional turbulence like loneliness. With practical instruction and guidance, you'll learn how to identify what's ailing you and which chakra is causing it. Chakra Healing features: A variety of techniques? Connect with your chakras using everything from meditation to crystals, essential oils, yoga, focused breathing, and even diet. Helpful illustrations? Detailed photos and drawings make the tools and exercises even easier to understand. Beginner-friendly approach? Find accessible, bite-size advice that requires no previous knowledge. Discover the power of balancing your chakras to help you heal and feel your best.

This book is designed to help you to become psychic readers, with a deeper understanding of spirit world. We are powerful beings, our psychic abilities come in many forms and start with hunches, gut feelings, visions, premonitions and thoughts. We have access to other realms and we can uncover the hidden mysteries of life. We are challenged to develop our instinct for prophecy and to work on building our clairvoyance, clairsentience and knowing. We can develop these skills through meditation, psychometry, and the many training exercises set out in this book to help you. What is psychometry? The ability to read the vibrations placed in an object by your friend, family member or client • Would you like to be able to read a beautiful flower chosen by the enquirer? • Pick up a set of keys or a piece of jewellery and tune into messages from spirit world? • Hold a unique shell or many other objects and let your mind flow into information about possible romance, career prospects, holidays, new love or spiritual advancement? • Through meditation and spiritual exercises you will connect with your inner guide or higher-self You are encouraged to open your awareness, and accept the unexpected answers to your questions which at first will come randomly into your mind. Your abilities will become more of your everyday life as you accept that you really are psychic and developing your intuition becomes both a pleasure and an exciting adventure as you enter into the unknown realms of your mind. It's your gift, learn how to enhance it.

Using the science of sound healing for higher consciousness, stronger relationships, planetary oneness, and physical and emotional healing • Offers exercises with breath, tone, sacred vowel sounds, and the chanted Bija Mantras to activate and balance the chakras for greater health and harmony • Shows how to practice sound healing individually or with a partner to enhance communication, reduce stress, and create inner balance and peace • Previous edition won the Best Book in Alternative Health Award from the Coalition of Visionary Resources As both ancient spiritual masters and modern quantum physicists acknowledge, the universe is vibration. Through sound and its ability to communicate with our chakras and subtle body, we can tap into the vibration of the universe for greater harmony and stronger relationships; physical, emotional, and spiritual healing; expanded consciousness; and planetary oneness. In this step-by-step guide, sound healing pioneer Jonathan Goldman and his wife, holistic psychotherapist Andi Goldman, reveal specific ways the voice can resonate the physical and subtle bodies, including 7 powerful chanted Bija Mantras and sacred vowel sounds to balance and align the chakras. Providing exercises with breath, tone, mantras, and seed sounds, the authors show how to practice sound healing either individually or with a partner to strengthen relationships, reach deeper emotional levels, enhance communication, reduce stress, achieve inner balance, and create harmony with those around you as well as the whole planet.

Written by the Founder of the Shaman Sisters, *The Ultimate Guide to Shamanism* is a modern guide to the ancient practice of using spirit medicine in practice and ceremony for healing and manifestation.

Discover how crystals can enrich your life with *The Little Book of Crystals* - from bestselling author and crystal expert Judy Hall. This enchanting little guide contains everything you need to enhance your life using crystals. Focusing on 15 key crystals, each recommended to complement a particular area of your life, Judy Hall provides essential information on how to choose, use, cleanse and programme your chosen stone. Whether it's Rose Quartz to improve your relationships, Goldstone to bring you wealth or Selenite to strengthen your spiritual practice, this crystal toolbox contains all you need to harness the power of crystals

The Zenned Out Guide to Understanding Crystals is an introduction to the mystical energy of crystals. Part of the Zenned Out

series, this book includes easy-to-digest actionable steps to enable readers to get started right away.

This book and CD package is focused on the healing properties of the singing bowls, and contains instructions for using the 16 tracks of the CD to balance and recharge your chakras and bathe your energy centers in pure, healing sound.

SOUNDSHIFTING describes paths for personal health, healing and enjoyment for anyone who is consciously seeking new ways to create habits of intention, joy and fulfillment by using proven principles of sound healing. This book can awaken the potential of your voice as powerful vibrational medicine, removing the obstacles to wellness and harmony. Learn how to use sound to shift anything and transform your life.

A darkly funny, frightening novel about a young woman learning how to take what she wants from a witch who may be too good to be true, from the author of *The Return*. All her life, Annie has played it nice and safe. After being unceremoniously dumped by her longtime boyfriend, Annie seeks a fresh start. She accepts a teaching position that moves her from Manhattan to a small village upstate. She's stunned by how perfect and picturesque the town is. The people are all friendly and warm. Her new apartment is dreamy too, minus the oddly persistent spider infestation. Then Annie meets Sophie. Beautiful, charming, magnetic Sophie, who takes a special interest in Annie, who wants to be her friend. More importantly, she wants Annie to stop apologizing and start living for herself. That's how Sophie lives. Annie can't help but gravitate toward the self-possessed Sophie, wanting to spend more and more time with her, despite the fact that the rest of the townsfolk seem...a little afraid of her. And like, okay. There are some things. Sophie's appearance is uncanny and ageless, her mansion in the middle of the woods feels a little unearthly, and she does seem to wield a certain power...but she couldn't be...could she?

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