

Drunvalo Melchizedek Teachings And Books

This sequel to The Convuluted Universe - Book One provides metaphysical information obtained through numerous subjects by hypnotic past-life regression.

For eons, humans have been locked in a shallow understanding of who we are as spirit beings. While our linear thinking may help us feel safe, it can also limit us from communicating on a deep soul level with our Creator. It is when we bypass human reasoning, if only for a brief moment, that we tap into a realm where we join with something so pure and wonderful that it defies logical explanation. It is these moments that allow us to know that our experiences in those dimensions are more real than our daily lives that greatly ignore the divine aspect of who we are. Light is the language of the soul, which allows us to communicate directly with Source without the interference of the mind, while activating codes to assist with healing and restoration on all levels. Discover the sacred artistic tools of light language for opening DNA strands required for bodily ascension. Learn how to move in sync with Spirit to bring restoration to all creation as you integrate aspects of your multidimensional soul for a unified expression of your highest self. This book includes stories from people who are discovering light language through writing, singing, dancing, signing, and artistic creativity. The author shares her unusual personal experiences to demonstrate how multidimensional aspects of the soul are being incorporated into a unified expression of wholeness. Light Language Emerging helps to bring understanding to a vast, new, and unusual subject: the language of light. When it spontaneously started happening to me many years ago, I had no exposure to it, no one to turn to and no immediate answers. A book like this is not only a catalyst for opening, but it becomes a life line for those having unique experiences as their telepathic communications begin to activate. With Yvonne's book, readers will come to understand their own multi-dimensional nature, their cosmic connection to their galactic family, and their ability to expand beyond limiting perceptions of self and life. Jamye Price, light language channel, healer and teacher

Is there a secret visual language all around us? What's so special about the shape of the Great Pyramid? Why is there something so sexy about circles? How many ways can you tile the plane? Lavishly illustrated by the author, this enchanting small introduction to one of the oldest and most widely-used ancient traditions on Earth will forever change the way you look at a triangle, arch, window, fabric repeat, ceramic pattern, graphic design, painting, spiral or flower. WOODEN BOOKS are small but packed with information. "e;Fascinating"e; FINANCIAL TIMES. "e;Beautiful"e; LONDON REVIEW OF BOOKS. "e;Rich and Artful"e; THE LANCET. "e;Genuinely mind-expanding"e; FORTEAN TIMES. "e;Excellent"e; NEW SCIENTIST. "e;Stunning"e; NEW YORK TIMES. Small books, big ideas.

The Melchizedek Teachings
The Higher Self and the Ascension Process
Balboa Press

One of the greatest spiritual teachers of the twentieth century shares his wisdom about building loving relationships in Intimacy: Trusting Oneself and the Other. "Hit-and-run" relationships have become common in our society as it has grown more rootless, less tied to traditional family structures, and more accepting of casual sex. But at the same time, there arises an undercurrent of feeling that something is missing—a quality of intimacy. This quality has very little to do with the physical, though sex is certainly one possible door. Far more important is a willingness to expose our deepest feelings and vulnerabilities, with the trust that the other person will treat them with care. Ultimately, the willingness to take the risk of intimacy has to be grounded in an inner strength that knows that even if the other remains closed, even if that trust is betrayed, we will not suffer any permanent damage. In this gentle and compassionate guide, Osho takes his readers step-by-step through what makes people afraid of intimacy, how to encounter those fears and go beyond them, and what they can do to nourish themselves and their relationships to support more openness and trust. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the "1000 Makers of the 20th Century" and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

There have been many interpretations and predictions about the year 2012, known as the Mayan End Time—touted in everything from books to television commercials. But what do the Mayans themselves have to say about these prophecies? In The Mayan Ouroboros, the much-anticipated follow-up to his bestselling Serpent of Light, spiritual researcher Drunvalo Melchizedek reveals for the first time what Mayan elders have told him about this period. In this book he explains how to prepare for this transition to a new 13,000-year cycle by learning how to move out of our brain and into our hearts. He shares the Mayan insight of the importance of our heart connection to our survival and ability to thrive during these times. Plus The Mayan Ouroboros reveals: The untold positive side of the Mayan prophecies
The Mayan End Time--a seven-year period of transition which began in 2007
The magnetic pole shift that is currently affecting humans around the world
The new ways in which humans will begin to perceive and communicate in the world.
The discovery of thousands of ancient Mayan codexes that are currently being decoded by the Mayans

The sacred Flower of Life pattern, the primary geometric generator of all physical form, is explored in even more depth in this volume, the second half of the famed Flower of Life workshop. The proportions of the human body, the nuances of human consciousness, the sizes and distances of the stars, planets and moons, even the creations of humankind, are all shown to reflect their origins in this beautiful and divine image. Through an intricate and detailed geometrical mapping, Drunvalo Melchizedek shows how the seemingly simple design of the Flower of Life contains the genesis of our entire third-dimensional existence. From the pyramids and mysteries of Egypt to the new race of Indigo children, Drunvalo presents the sacred geometries of the reality and the subtle energies that shape our world. We are led through a divinely inspired labyrinth of science, stories, logic, and

coincidence on a path of remembering where we come from and the wonder and magic of who we are. Finally, for the first time in print, Drunvalo shares the instructions for the Mer-Ka-Ba meditation--step-by-step techniques for the re-creation of the energy field of the evolved human--which is the key to ascension and the next dimensional world. If done from love, this ancient process of breathing prana opens up for us a world of tantalizing possibility in this dimension, from protective powers to the healing of oneself, of others, and even of the planet. You may discover a memory or a fleeting reflection of yourself in the following topics: - The Unfolding of the Third Informational System: the circles and squares of human consciousness, Leonardo da Vinci's true understanding of the Flower of Life, and exploring the rooms of the great pyramid - Whispers From Our Ancient Heritage: the initiations of Egypt, the mysteries of resurrection, interdimensional conception, ancient mystery schools, Egyptian tantra, and sexual energy and the orgasm - Unveiling the Mer-Ka-Ba Meditation: chakras and the human energy system, energy fields around the body, the seventeen breaths of the Mer-Ka-Ba meditation, and the sacred geometry of the human lightbody.

The Masters said that we are dreaming; we are not awake. I could not believe it. I eventually realized that they were right. We live like machines, going through our lives without any purpose or enjoyment. Even if you do not have the time to read this entire book, spend some minutes to go through the list of meditations and exercises. They might change your life or somebody else's. They might awaken something in you; something that has been forgotten for a very long time. Do not be afraid. It is a risk worth taking.

In October 2007, a new phenomenon appeared in the sky, was named the Comet Holmes, and is being claimed and acclaimed by the Hopi Nation as the Blue Star of their prophecy. The Blue Star is the harbinger. Between now and somewhere in 2013-2014, when the Red Star appears, great shifts in human consciousness will continue. With the fulfillment of the Mayan Long Count calendar in 2012 and the appearance of the Red Star, many are predicting that human consciousness will rise to the next level. Although there may be catastrophic events associated with this period, and life as we know it will surely change, if we do the work, this will not be the Apocalypse. In *The Astrology of 2012 and Beyond*, Garrison explores the changing sky, starting with the movement of Pluto into Capricorn, a region it hasn't inhabited since 1733. It's revolutionary times coming for individuals, governments, and the planet. Garrison draws on traditional astrology and her understanding of the Hopi prophecies and their relationship to the Mayan 2012 predictions, as well as the ending of the 13,000 year masculine kundalini cycle, to offer practical advice and information that will help us evolve through the next four years, including what to expect during the nearly inevitable polar shift.

The Spiritual, Occult and Historical significance of the "Emerald Tablets" is almost beyond belief of modern man. Written around 36,000 B.C. by Thoth, an Atlantean priest-king, this manuscript dates far back beyond reach of any Egyptian writings ever found. The author, Thoth, a Master-Teacher of the early Egyptians, put this treatise to writing in his native Atlantean language and Dr. Doreal, by use of his expertise as an Occultist and Master of time and space, was given the directive to retrieve these Tablets and translate them into English for the edification of modern man. The powerful and rhythmic verse of Thoth is wonderfully retained in Doreal's translation. Contained within the pages of Thoth's masterpiece of Spiritual and Occult Wisdom is the synthesis of the Ancient Wisdom Teachings, the guideline for initiates of all ages, revealing the Knowledge and Wisdom hitherto held secret, but now in this New Age, revealed to all Seekers on the Path of Light. Dr. M. Doreal, Ms.D., Psy.D., is the Spiritual; Teacher of a multitude of Seekers of Light, having founded a Metaphysical Church and College - The Brotherhood of the White Temple, Inc. He is the author of all of the Organization's writings and teachings, having been given permission for the Esoteric Wisdom to be remitted in a public forum by the Great White Lodge, the Elder Brothers of mankind who shape and form the Spiritual evolution of earth's inhabitants. The Brotherhood of the White Temple, Inc. is a correspondence school, accredited through the State of Colorado, and mails out to its world-wide membership weekly Lessons of Truth. Its four and one-half year College Course unveils the secrets of the Symbolism of all Mystery Schools, giving precisely and beautifully, the step by step progression all Seekers have searched for in their quest for Oneness with God, and for attainment of Cosmic Consciousness. "Read, Believe or not, but read, and the vibration found therein will awaken a response in your soul." - Doreal

Every 13,000 years on Earth a sacred and secret event takes place that changes everything. Mother Earth's Kundalini energy emerges from its resting place in the planet's core and moves like a snake across the surface of our world. Once at home in ancient Lemuria, it moved to Atlantis, then to the Himalayan mountains of India and Tibet, and with every relocation changed our idea of what spiritual means. And gender. And heart. This time, with much difficulty, the "Serpent of Light" has moved to the Andes Mountains of Chile and Peru. Multi-dimensional, multi-disciplined and multi-lived, for the first time in this book, Drunvalo begins to tell his stories of 35 years spent in service to Mother Earth. Follow him around the world as he follows the guidance of Ascended Masters, his two spheres of light, and his own inner growing knowledge. His story is a living string of ceremonies to help heal hearts, align energies, right ancient imbalances, and balance the living Earth's Unity Consciousness Grid-in short to increase our awareness of the indivisibility of life in the universe. We are all-rocks and people and interdimensional beings-one!" Life may seem to be business as usual, but it is not. We are changing fast ...Remember this for life is going to present stranger things to you in your lifetime, and they all have meaning and purpose ...Only Mother Earth and ancient Maya know what's going to happen." - from *Serpent of Light*.

Moving into the Heart There is movement associated with entering the sacred space of the heart. Without this movement, your brain only imagines that you are in the sacred space of the heart, but this is not true. In *Journeys into the Heart*, you will find exercises that show you how to move your spirit there. If you have never done this before, it may seem a little strange, but you will get it. The master authorized to guide you into your heart is the spirit behind the eyes reading these words now. That is you. Read and enjoy

practicing and applying all the methods we offer you. Decide the appropriate one for you. Then practice, practice, and practice again, and remember who you really are. Last, read about our experiences entering the heart, about the prayer of the heart, and living in the heart. You might find them very helpful on your own spiritual journey. Remember, you and I are alike. I am you and you are me. --Drunvalo Melchizedek and Daniel Mitel

Embraced worldwide as key spiritual teachers of our times, the Pleiadians are back, with another bold and controversial look at our highest purpose on Earth. *Earth: Pleiadian Keys to the Living Library* is their handbook to inspired living, calling on us to restore and return value to the human being, and to recognize the Goddess energies and the power of blood as connections to our DNA and our heritage. Using wit, wisdom, and deep compassion, they entice us to explore the corridors of time through the concept of the Game Masters; to awaken the crucial codes for multidimensional perspective; and to redream the Living Library of Earth. Their teachings are significantly arranged in twelve chapters to trigger a deeper understanding of our ancestral lineage. *Earth* probes the memories hidden deep within us to reveal our crucial roles in the transformational process unfolding in our times.

Integrate practical insights from modern physics, ancient Hermetic Laws, non-dual meta-physics, transpersonal psychology, and humor, as tools for undoing conflicting beliefs we've dreamed ourselves into. The seven Hermetic laws are explored in depth and demonstrate how a mindfulness that embraces 'other' as 'self' can reverse the typical misapplication of these inescapable laws of Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause & Effect and Generation. Ubiquitous geometric symbols, paired to each of these laws - the circle, vesica piscis, sine wave, line, spiral, fractal and yin-yang - and their countless commonplace variations, seen from the vantage point of shared interests, reflect these ideas. The inspired use of natural law restores attributes of life, love, strength, purity, beauty, perfection and gratitude to our awareness.

An internationally recognized clairvoyant empath introduces the concept of "vibrational beings" to explain how a person's thoughts, emotions, and natural frequencies affect the self and one's surrounding world, in a guide that reveals how to calm the mind in order to achieve a natural and more peaceful state of existence. 35,000 first printing.

The Melchizedek teachings are undoubtedly the first on every inhabited world as they are considered to be the basis of any civilization. This first book of The Melchizedek Teachings series clarifies a subject that is very important in our times: the higher self and the ascension process.

Could the story of mankind be far older than we have previously believed? Using tools as varied as archaeo-astronomy, geology, and computer analysis of ancient myths, Graham Hancock presents a compelling case to suggest that it is. "A fancy piece of historical sleuthing . . . intriguing and entertaining and sturdy enough to give a long pause for thought."—Kirkus Reviews In *Fingerprints of the Gods*, Hancock embarks on a worldwide quest to put together all the pieces of the vast and fascinating jigsaw of mankind's hidden past. In ancient monuments as far apart as Egypt's Great Sphinx, the strange Andean ruins of Tihuanaco, and Mexico's awe-inspiring Temples of the Sun and Moon, he reveals not only the clear fingerprints of an as-yet-unidentified civilization of remote antiquity, but also startling evidence of its vast sophistication, technological advancement, and evolved scientific knowledge. A record-breaking number one bestseller in Britain, *Fingerprints of the Gods* contains the makings of an intellectual revolution, a dramatic and irreversible change in the way that we understand our past—and so our future. And *Fingerprints of God* tells us something more. As we recover the truth about prehistory, and discover the real meaning of ancient myths and monuments, it becomes apparent that a warning has been handed down to us, a warning of terrible cataclysm that afflicts the Earth in great cycles at irregular intervals of time—a cataclysm that may be about to recur. "Readers will hugely enjoy their quest in these pages of inspired storytelling."—The Times (UK)

The sacred Flower of Life pattern, the primary geometric generator of all physical form, is explored in even more depth in this volume, the second half of the famed Flower of Life workshop. The proportions of the human body, the nuances of human consciousness, the sizes and distances of the stars, planets and moons, even the creations of humankind, are all shown to reflect their origins in this beautiful and divine image. Through an intricate and detailed geometrical mapping, Drunvalo Melchizedek shows how the seemingly simple design of the Flower of Life contains the genesis of our entire third-dimensional existence. From the pyramids and mysteries of Egypt to the new race of Indigo children, Drunvalo presents the sacred geometries of the Reality and the subtle energies that shape our world. We are led through a divinely inspired labyrinth of science and stories, logic and coincidence, on a path of remembering where we come from and the wonder and magic of who we are. Finally, for the first time in print, Drunvalo shares the instructions for the Mer-Ka-Ba meditation, step-by-step techniques for the re-creation of the energy field of the evolved human, which is the key to ascension and the next dimensional world. If done from love, this ancient process of breathing prana opens up for us a world of tantalizing possibility in this dimension, from protective powers to the healing of oneself, of others and even of the planet. Embrace the expanded vision and understanding that Drunvalo offers to the world. Coincidences abound, miracles flourish and the amazing stories of mysteries unveiled arise as the author probes the Ancient Secrets of the Flower of Life.

Part travel adventure, part spiritual instruction - a first-hand account of the movement of the Earth's Kundalini and the rise of the Female Light, 1948 to 2013.

Heart Imagery - A Path to Enlightenment is a continuation of the book *This Now is Eternity*, revealing exercises and meditations related to the most ancient spiritual system: Heart Imagery. It is a treasure full of advice, meditations and exercises that come directly from two of the last Great Masters of Heart Imagery. These Masters lived in the Tibetan area, but that isn't relevant. Like other Great Masters of Imagery (Anastasia from Russia, Colette Aboulker-Muscat from Jerusalem and Ana Pricop from Romania), the location and the time during which they lived was of no consequence. They were able to change anything: the past, the present and the future. They could reverse any action or thought. This is beyond our understanding. Remember that everything around you is a dream and that you can awaken at any moment if you really wish to. Daniel Mitel For more information, visit: www.danielmitel.com & www.heartimagery.org

The twenty-fifth anniversary edition of this underground classic explores higher consciousness, human evolution, metaphysics, sacred geometry, the secret government, and more. Nothing in This Book Is True, But It's Exactly How Things Are details from a big-picture perspective the enormous infusion of higher dimensional energy that is dramatically raising the vibratory rate of the planet and everyone on it. Bob Frissell has greatly expanded upon the previous edition by including ten completely new chapters. Frissell also gives the details of the personal transformation that we must make if we are to survive and thrive, so we can "catch the ride" into higher consciousness in a way that enables Mother Earth to reach critical mass and become "lit from within." This is the story of nothing less than the birth of a new humanity and the cocreation of Heaven on Earth.

This book offers you, the reader, a thoughtful and inspired formula for generating appreciation, happiness, and good feelings—deftly blended into the uplifting story of a plucky, inquisitive girl named Sara; and

her teacher, an ethereal owl named Solomon. There's something in Sara for any child, adult, or teen pursuing joy and meaning . . . and searching for answers about life, death, and the desires of the heart. It's filled with techniques and processes for making one's dreams come true . . . especially yours! Sara and Solomon will delight and enchant you!

A clear and simple manual of precise instructions for accessing the Akashic Records and confirming the accuracy of the information you receive • Details exercises, tools, and techniques to clear the energies blocking your access and tune to your Akashic Record Keepers • Explains the specific markers that allow you to recognize your Record Keepers and to validate the information you receive, rather than "trusting" it to be true • Provides guidance on accessing the Akashic Records on behalf of other people, how to ask questions, and how to handle the information as it comes in The Akashic Records are a vast domain of energetic imprints much like a movie library, a living vibrational field that stores all possible futures, the present, and the past. As soon as your soul begins its life experience, a field of energy is released that records every thought, word, action, desire, and emotion. In this guide to opening the Akashic Records, Maureen St. Germain provides precise instructions explaining how to connect with your personal Record Keepers, gain clear access to the Akashic Records, discover information about you and your loved ones, and learn your soul's purpose. The author explains how outside energies can influence your connection to the Akashic Records. She details energetic clearing exercises to remove the energies blocking or shadowing your access and teaches the Higher Self Protocol to ensure an authentic channel of communication. She explores how to find the Record Keepers who will be the most helpful to you and provides techniques and tools, such as guided energy work, to prepare you for Akashic Record access, initiate you into the 5D mindset, and invite more accuracy and a stronger connection. She details the specific markers to look for to recognize genuine Akashic Librarians and to validate and confirm the information you receive, rather than simply "trusting" it to be true. She also provides guidance on accessing the Akashic Records on behalf of other people, how to ask questions, and how to handle the information as it comes in. Explaining why the Ascended Masters opened access to the Akashic Records to all of humanity and how their presence assists you, St. Germain shows how the intended purpose for working with the Akashic Records is for soul growth, not to "repair" your karma debts. By seeing your records and working with your Record Keepers, not only will you learn your soul's purpose and help solve the problems that crop up in everyday life and relationships, but you will amplify your spirituality and begin operating at a higher level in consciousness. Your work in the Akashic Records aids and assists in Earth's ascension.

For thousands of years, mystics, masters, and sages from various world traditions have read the Akashic Records—a dynamic repository that holds information about every soul and its journey. Once reserved for a "spiritually gifted" few, this infinite source of wisdom and healing energy is now available for readers everywhere to answer questions big and small. How can I find freedom from my past? What are my life purposes? With *How to Read the Akashic Records*, healer and teacher Linda Howe offers the first book of its kind to help navigate these timeless "Records of the Soul." Drawing from more than 15 years' experience with the Akashic Records, Howe teaches us: The Pathway Prayer Process—a "password" for admittance into the Records How to work with your "MTLOs"—your Masters, Teachers, and Loved Ones—for assistance within the Records Insightful tips to glean the most critical information, whether you're reading for yourself, other individuals, or even your pet "The time has come for us to be our own spiritual authorities and access this illuminating, rich source directly," explains Howe. With *How to Read the Akashic Records*, anyone who desires to read the Records now has immediate access to this valuable life resource. "The Akashic Records contain everything that every soul has ever thought, said, and done over the course of its existence—as well as all its future possibilities. This valuable information can help you with any aspect of your life journey. And because the Records are also a dimension of consciousness, they are available anytime and everywhere."? —Linda Howe The universe is alive—and it has a memory just like you. Known as the Akashic Records, this energetic archive of soul information stands ready to lovingly guide you. Once accessible to rare spiritual masters, now the Records are available to anyone—anytime, anywhere. After a lifelong search for truth, master teacher and healer Linda Howe has developed an infallible method for accessing this reservoir of information: the Pathway Prayer Process. By lifting you to a divine level of consciousness, this sacred prayer opens the doors of the Records, where your "soul blueprint"—everything you need to know about your soul's destiny—awaits you. There you will work with your Masters, Teachers, and Loved Ones to cultivate a rich relationship with the Records and ultimately learn to unleash your highest potential. Grounded with the success stories of dozens whose lives have been touched by the Records, this comprehensive guidebook will help you confidently read the Records for yourself—or another—and find inspiration for your own spiritual path. "Accessing the Akashic Records provides an opportunity to align with your soul and develop your own spiritual authority," teaches Linda Howe. Now with *How to Read the Akashic Records* you can learn to connect with this divine source for infinite joy, inner peace, and fulfillment. Linda Howe is the founder and director of The Center for Akashic Studies, an organization dedicated to promoting the study of Akashic Records and other applicable spiritual wisdom. Active in healing arts for more than 20 years, Linda was moved and inspired by the power of the Records within herself and her clients. She began teaching this practice to students in 1996 and, today, she has successfully taught thousands of students to accurately read the Akashic Records.

A training manual for navigating a future full of danger and hope, this book considers earth changes, pole shifts, Hopi prophecies, the secret government, and much more. Written in Bob Frissell's warm, personal style with updated commentary, *Something in This Book Is True* is both an account of Frissell's journey to inner discovery and empowerment and a most unusual reader's guide. Delving into topics as eclectic as polarity consciousness, emotional body clearing, and higher selves, Frissell affirms that humanity is composed of spiritual beings having human experiences—not vice versa. This new edition incorporates photos and illustrations into Frissell's engaging text.

Here, Drunvalo Melchizedek presents in text and graphics the first half of the Flower of Life workshop, illuminating the mysteries of how we came to be, why the world is the way it is and the subtle energies that allow our awareness to blossom into its true beauty. Sacred Geometry is the form beneath our being and points to a divine order in our reality. We can follow that order from the invisible atom to the infinite stars, finding ourselves at each step. The information here is one path, but between the lines and drawings lie the feminine gems of intuitive understanding. You may see them sparkle around some of these provocative ideas: Explore the miracle of our existence by meandering through the wonderland of geometry, science, ancient history and new discovery, seen through the widened vision of Drunvalo and the Flower of Life.

How do we reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus repression. We fear that by expressing our true feelings, we will hurt and alienate those close to us. But by repressing our emotions—even in the benevolent guise of "self-control"—we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time, provides here a practical and comprehensive approach to dealing with this conflict effectively. Incorporating new, never-before-published material, *Emotional Wellness* leads us to understand the roots of our emotions, to react to situations in a way that can teach us more about ourselves and others, and to respond to life's inevitable ups and downs with far greater confidence and equilibrium. Discover: • The impact that fear, anger, and jealousy have on our lives • How emotions like guilt, insecurity, and fear are used to manipulate us • How to break out of unhealthy responses to strong emotions • How to transform destructive emotions into creative energy • The role of society and culture on our individual emotional styles Osho's unique insight into the human mind and heart goes far beyond conventional psychology. He teaches us to experience our emotions fully and to deal with them creatively in order to achieve a richer, fuller life.

"Here, Drunvalo Melchizedek presents in text and graphics the first half of the Flower of Life Workshop, illuminating the mysteries of how we came to be, why the world is the way it is and the subtle energies

that allow our awareness to blossom into its true beauty." --COVER.

Too many people allow themselves to be limited by their ideas about themselves and the world around them. Bob Frissell reminds readers that they create their own reality through their consciousness and that improving this reality and living a fuller life is simply a matter of broadening one's perspectives. In this book, he shows people how to reconnect with their multidimensional selves and remake their lives. Can you recall an instance when you were introduced to something—anything—that rocked your world, leaving you with a vague but undeniable certainty that you'd touched into the miraculous? For both Bodie McCoy and his wife Barbara, that instance came with the introduction of the Lord's Prayer into their young lives.' Live the Promise is their book about the relationship of the Lord's Prayer to the world's major mystical and religious traditions and its magical, mystical, ultra-light and yet entirely down-to-earth power to take us to the ultimate seat of wisdom within. Live the Promise begins with Bodie's heart-centered story of his own spiritual unfolding. From there, it leads into the creation of a game that opens people to deeper levels of inner truth by exposing some of the limitations they've accepted—with a game board Bodie intuitively created that turned out to embody the star tetrahedron, the flower of life as well as sacred symbols from many ancient teachings. And the story continues, with a journey to ancient Mayan temples with Hunbatz Men... to the heart of sacred geometry with Drunvalo Melchizedek... to a variety of Eastern spiritual traditions... to holographic insights about time travel and heredity... to a really expensive cup of coffee... to a simple exercise that brings it all together and offers your own experience of the promise embodied in the Lord's Prayer. Live the Promise is a heady book abundantly laced with heart, written by an author I know as a man of extraordinary love and gentleness. The whole point, is "to offer exercises to experientially reveal the promise of the Lord's Prayer within you." It's a book that will help you uncover in a meaningful way' ever-deeper levels of the God/Goddess that you are.

- Includes tools and techniques to permanently elevate and program your MerKaBa field, including how to create surrogate MerKaBas for specific purposes
- Explains how to accurately connect with your Higher Self to live fearlessly and confidently and shares toning, chanting, and heart-opening practices to acquire unconditional love energy and heal emotional wounds
- Looks at paranormal experiences resulting from an activated MerKaBa, the power of Mother Earth ley lines, and the Christ Consciousness Grid Through teaching MerKaBa and Advanced Flower of Life workshops to thousands of students around the world since 1995, Maureen J. St. Germain has developed and channeled specific methods to enhance your meditation practice. In this step-by-step guide, she shares tools, techniques, and knowledge to strengthen your heart connection, develop a relationship with your Higher Self, and elevate and program your MerKaBa field to manifest success, health, happiness, and higher consciousness. She begins by explaining what the MerKaBa is: a fifth-dimensional Light Body activated from the geometric energy field that exists around the body. She shows how activating it daily produces its permanent existence. Sharing toning, chanting, and heart-opening practices, Maureen explains a precise protocol for fully and reliably connecting with your Higher Self, which will allow you to go through life fearlessly and confidently. She explores how to write programs for your MerKaBa and how to create surrogate MerKaBas for specific purposes. She also looks at paranormal experiences resulting from an activated MerKaBa, the power of Earth ley lines, the Christ Consciousness Grid, and how to marry the ego to the Higher Self to create Heaven on Earth. An updated resource for meditation practitioners and anyone who wishes to improve their connection with their divinity, this new edition of Beyond the Flower of Life provides a path to open your heart, fearlessly embrace unconditional love, access the Higher Self, and activate a multidimensional understanding of reality.

Every 13,000 years on Earth a sacred and secret event takes place that changes everything. Mother Earth's Kundalini energy emerges from its resting place in the planet's core and moves like a snake across the surface of our world. Once at home in ancient Lemuria, it moved to Atlantis, then to the Himalayan mountains of India and Tibet, and with every relocation changed our idea of what spiritual means. And gender. And heart. This time, with much difficulty, the Serpent of Light has moved to the Andes Mountains of Chile and Peru. Multi-dimensional, multi-disciplined, and multi-lived, for the first time in this book, Drunvalo begins to tell his stories of 35 years spent in service to Mother Earth. Follow him around the world as he follows the guidance of Ascended Masters, his two spheres of light, and his own inner growing knowledge. His story is a living string of ceremonies to help heal hearts, align energies, right ancient imbalances, and balance the living Earth's Unity Consciousness Grid-- in short to increase our awareness of the indivisibility of life in the universe. We are all--rocks and people and interdimensional beings--one!

"I have come at this time, in this place, and through this being to speak my truth, to speak the story of my life — the true story of my life." The purpose of this book is to clarify, to tell the truth, and to share my energies with you so that you can begin the transformation of your mind and, therefore, the transformation of your heart and your world. It is in the misteachings that have been associated with my name that much death and pain has been caused and that much guilt and self-recrimination has been expressed. That was not my purpose; that was not my lesson. This story will begin the change. It will not make the change. It will facilitate turning the key in the lock, but you must open the door and walk through it into a new realm that is opened by this information. That is your responsibility. We can only bring you the message, this channel and I. We can only work together to transmit the information, but it is through your actions and your transformation that you will see a change in your world, a change in the subjective world that is manufactured from your beliefs, your thoughts, and your feelings. I talk about the truth of my birth and the truth of my life. I cover some stories that are recounted in the Bible and tell you the true story of those events. I describe some of my personal traits, my human traits, and I define what I am, who I am, and why these things happened. You will be able to understand the truth, and you will begin this reconditioning, this retooling of your mind — of your thoughts and beliefs — on this subject of my life, my meaning, and my purpose, for it is a long process. The time is ripe. The need for a spiritual revolution is here. — Jesus

Long ago we humans used a form of communication and sensing that did not involve the brain in any way; rather, it came from a sacred place within our hearts. What good would it do to find this place again? This is a book of remembering. You have always had this place within your heart, and it is still there now. It existed before creation, and it will exist even after the last star shines its brilliant light. At night when you enter your dreams, you leave your mind and enter the sacred space of your heart. But do you remember? Or do you only remember the dream? Why am I telling you about this "something" that is fading from our memories? What good would it do to find this place again in a world where the greatest religion is science and the logic of the mind? Don't I know where emotions and feelings are second-class citizens? Yes, I do. But my teachers have asked me to remind you who you really are. You are more than just a human being, much more. For within your heart is a place, a sacred place, where the world can literally be remade through conscious cocreation. If you really want peace of spirit and if you want to return home, I invite you into the beauty of your own heart. With your permission, I will show you what has been shown to me. I will give you the exact instructions to the pathway into your heart where you and God are intimately one. It is your choice. But I must warn you:

Within this experience resides great responsibility. Life knows when a spirit is born to the higher worlds, and life will use you as all the great masters who have ever lived have been used. If you read this book and do the meditation and then expect nothing to change in your life, you may get caught spiritually napping. Once you have entered the light of the great darkness, your life will change -- eventually, you will remember who you really are.

• The secret sexual energy practices of Toltec-Mayan shamans revealed at last. • The author studied with don Juan Matus and the same circle of Nagual sorcerers who taught Carlos Castenada. • Offers specific step-by-step instructions for mastering the ancient sexual techniques that lead to spiritual transformation. Readers of Carlos Castenada have often complained that his work in ancient Meso-american shamanism never covered sexual practices beyond celibacy. With his death in 1998 it seemed that these practices might never be revealed, but fortunately Marilyn Tunneshende has stepped in. Set against the backdrop of the golden deserts of Sonora, Mexico, Don Juan and the Art of Sexual Energy recounts Tunneshende's initiation into the ancient sexual energy practices of the Toltec-Mayan tradition. Under the tutelage of don Juan Matus, Chon Yakil (whom Castenada referred to as Don Genaro), and dona Celestina de la Soledad, she learns to reclaim her feminine power and balance the masculine and feminine forces within herself. At the heart of the book is the mythical Rainbow Serpent: the phallic energy within women, the creative power within men. Each chapter focuses on a particular technique for awakening the serpent and connecting with its energy. Twenty-two sequential practices are covered, providing a powerful program for serious spiritual transformation. Once, all life in the universe knew the Flower of Life as the creation pattern - the geometrical design leading us into and out of physical existence. Then from a very high state of consciousness we fell in darkness and forgot who we were. For thousands of years the secret was held in ancient artifacts and carvings around the world, and encoded in the cells of all life. Here Drunvalo Melchizedek presents in text and graphics the first half of the Flower of Life Workshop, illuminating the mysteries of how we came to be, why the world is the way it is and the subtle energies that allow our awareness to blossom into its true beauty. Sacred Geometry is the form beneath our being and points to a divine order in our reality. We can follow that order from the invisible atom to the infinite stars, finding ourselves at each step. The information here is one path, but between the lines and drawings lie the feminine gems of intuitive understanding. Explore the miracle of our existence by meandering through the wonderland of geometry, science, ancient history and new discovery, seen through the widened vision of Drunvalo and the Flower of Life. Volume 2 will explore in great detail the Mer-Ka-Ba, the 55-foot-diameter energy field of the human lightbody. This knowledge leads to ascension and the next dimensional world. About the Author Drunvalo Melchizedek's life experience reads like an encyclopedia of breakthroughs in human endeavor. He studied physics and art at the University of California at Berkeley, but he personally feels that his most important education came after college. In the last 25 years he has studied with over 70 teachers from all belief systems and religious understandings, providing him with a wide breadth of knowledge, compassion and acceptance. Not only is Drunvalo's mind exceptional, but his heart, his warm personality, his love for all life everywhere, is immediately understood and felt by anyone who meets him. For some time now he has been bringing his vast vision to the world through the Flower of Life program and the Mer-Ka-Ba meditation.

The Essential Law of Attraction Collection is the perfect read for those who want to deepen their understanding of the Teachings of Abraham, as well as anyone who would like to have three wonderful books by Esther and Jerry together in one special edition! •The Law of Attraction presents the powerful basics of the original Teachings of Abraham®. You've most likely heard the saying "Like attracts like," and although the Law of Attraction has been alluded to by some of the greatest teachers in history, it has never been explained in as clear and practical terms as it is in these pages. •Money, and the Law of Attraction shines a spotlight on two subjects troubling many people today: money and physical health. This book was written to deliberately align you with the most powerful law in the universe—the Law of Attraction—so that you can make it work specifically for you, no matter what your life experience may be. •The Vortex will help you understand every relationship you are currently involved in or have ever experienced. It uncovers a myriad of false premises that are at the heart of every uncomfortable relationship issue, and guides you to a clear understanding of the creative Vortex that has already assembled the relationships that you have desired.

Many of us lived previous lives as keepers of sacred knowledge that was taught in the ancient mystery schools. Much of this knowledge was lost through time due to disasters and destruction or death. The knowledge was reserved for a select few who devoted their lives to understanding and teaching it.

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