

## Hands Of Light Barbara Ann Brennan

Barbara Ann Brennan continues her ground-breaking exploration of the human energy field, or aura—the source of our experience of health or illness. Drawing on many new developments in her teaching and practice, she shows how we can be empowered as both patients and healers to understand and work with our most fundamental healing power: the light that emerges from the very center of our humanity. In a unique approach that encourages a cooperative effort among healer, patient, and other health-care providers, *Light Emerging* explains what the healer perceives visually, audibly, and kinesthetically and how each of us can participate in every stage of the healing process. Presenting a fascinating range of research, from a paradigm of healing based on the science of holography to insights into the "hara level" and the "core star," *Light Emerging* is at the leading edge of healing practice in our time.

At the day's end, Grandfather Twilight walks in the forest to perform his evening task, bringing the miracle of night to the world.

When a young woman named Alice Raikes slips into a coma following an accident that could have been a suicide attempt, her family gathers at her bedside to wait and to recall her life and loves. A first novel.

Clear-eyed and spirited, Taylor Greer grew up poor in rural Kentucky with the goals of avoiding pregnancy and getting away. But when she heads west with high hopes and a barely functional car, she meets the human condition head-on. By the time Taylor arrives in Tucson, Arizona, she has acquired a completely unexpected child, a three-year-old American Indian girl named Turtle, and must somehow come to terms with both motherhood and the necessity for putting down roots. Hers is a story about love and friendship, abandonment and belonging, and the discovery of surprising resources in apparently empty places. Available for the first time in mass-market, this edition of Barbara Kingsolver's bestselling novel, *The Bean Trees*, will be in stores everywhere in September. With two different but equally handsome covers, this book is a fine addition to your Kingsolver library.

With the clarity of a physicist and the compassion of a gifted healer with fifteen years of professional experience observing 5,000 clients and students, Barbara Ann Brennan presents the first in-depth study of the human energy field for people who seek happiness, health and their full potential. Our physical bodies exist within a larger "body," a human energy field or aura, which is the vehicle through which we create our experience of reality, including health and illness. It is through this energy field that we have the power to heal ourselves. This energy body -- only recently verified by scientists, but long known to healers and mystics -- is the starting point of all illness. Here, our most powerful and profound human interactions take place, the precursor and healer of all physiological and emotional disturbances. *Hands of Light* is your guide to a new wholeness. It offers:

- A new paradigm for the human, in health, relationship, and disease
- An understanding of how the human energy field looks, functions, is disturbed, healed, and interacts with friends and lovers.
- Training in the ability to see and interpret auras
- Medically verified case studies of healing people from all walks of life with a variety of illnesses.
- Guidelines for healing the self and others.
- The author's personal and intriguing life adventure which gives us a model for growth, courage and possibilities for expanded consciousness

**NEW YORK TIMES BEST SELLER** • A grand, devastating portrait of three generations of the Sackler family, famed for their philanthropy, whose fortune was built by Valium and whose reputation was destroyed by OxyContin. From the prize-winning and bestselling author of *Say Nothing*, as featured in the HBO documentary *Crime of the Century*. The Sackler name adorns the walls of many storied institutions—Harvard, the Metropolitan Museum of Art, Oxford, the Louvre. They are one of the richest families in the world, known for their lavish donations to the arts and the sciences. The source of the family fortune was vague, however, until it emerged that the Sacklers were responsible for making and marketing a blockbuster painkiller that was the catalyst for the opioid crisis. *Empire of Pain* begins with the story of three doctor brothers, Raymond, Mortimer and the incalculably energetic Arthur, who weathered the poverty of the Great Depression and appalling anti-Semitism. Working at a barbaric mental institution, Arthur saw a better way and conducted groundbreaking research into drug treatments. He also had a genius for marketing, especially for pharmaceuticals, and bought a small ad firm. Arthur devised the marketing for Valium, and built the first great Sackler fortune. He purchased a drug manufacturer, Purdue Frederick, which would be run by Raymond and Mortimer. The brothers began collecting art, and wives, and grand residences in exotic locales. Their children and grandchildren grew up in luxury. Forty years later, Raymond's son Richard ran the family-owned Purdue. The template Arthur Sackler created to sell Valium—co-opting doctors, influencing the FDA, downplaying the drug's addictiveness—was employed to launch a far more potent product: OxyContin. The drug went on to generate some thirty-five billion dollars in revenue, and to launch a public health crisis in which hundreds of thousands would die. This is the saga of three generations of a single family and the mark they would leave on the world, a tale that moves from the bustling streets of early twentieth-century Brooklyn to the seaside palaces of Greenwich, Connecticut, and Cap d'Antibes to the corridors of power in Washington, D.C. *Empire of Pain* chronicles the multiple investigations of the Sacklers and their company, and the scorched-earth legal tactics that the family has used to evade accountability. The history of the Sackler dynasty is rife with drama—baroque personal lives; bitter disputes over estates; fistfights in boardrooms; glittering art collections; Machiavellian courtroom maneuvers; and the calculated use of money to burnish reputations and crush the less powerful. *Empire of Pain* is a masterpiece of narrative reporting and writing, exhaustively documented and ferociously compelling. It is a portrait of the excesses of America's second Gilded Age, a study of impunity among the super elite and a relentless investigation of the naked greed and indifference to human suffering that built one of the world's great fortunes.

Imagine being able to utilize the power of your mind for the purpose of healing with Universal Energy—just by asking. Gentle Energy Touch, a form of energy medicine pioneered by Barbara Savin, does just that by using intention to begin the healing process of an individual. In *Gentle Energy Touch* readers will learn some of Savin's basic, hands-on techniques for assisting the body's natural ability to heal itself. The beauty of the Gentle Energy Touch approach is that while it can produce results on its own, it also complements all medical treatments and modalities, often shortening treatment and speeding healing. It is particularly effective for pain management and has also been used successfully to treat depression and anxiety, skin problems, heart disease, even cancer, mitigating the nastiest side effects of conventional treatment and generally helping the body marshal its own resources for getting well. *Gentle Energy Touch* includes more than 50 photographs and simple explanations of the chakras and auras and how energy moves—and gets stuck—in the body, and then guides readers through an energy healing session

including hands-on positions for different ailments and a closing and grounding at the end.

Cyndi Dale's *The Subtle Body* has become the go-to reference guide for anyone who wants to learn about the many varieties of energy healing. With *The Subtle Body Practice Manual*, she offers an equally valuable resource: a practical instruction manual for putting energy healing into action. Filled with lucid information, step-by-step guidance, diagrams, and key insights, here is an expansive how-to manual that covers practices from a vast range of holistic healing and energy medicine traditions, including: The six core energy techniques that every healer should know Energetic diagnosis practices to determine which kind of modality will be most effective for specific health issues Setting strong and flexible energetic boundaries, with special guidance for those in the healing professions Techniques for working with the subtle aspects of the body, emotions, and the subconscious mind Dozens of practices for healing through the chakras, the meridians, chi, breathwork, auric fields, sacred geometry, acupuncture, music, and much more As Cyndi Dale writes, all medicine is energy medicine—which is why subtle energy practices can be used to complement and enhance any approach to healing or self-care. Presented with Cyndi Dale's thorough scholarship and clear writing style, *The Subtle Body Practice Manual* provides professionals and laypersons alike with an indispensable resource on the many varieties and applications of energetic care—so you can begin using these powerful practices in your own life.

Revised and updated edition of the classic astrology text on predicting and navigating life crises • Provides charts for the transits of Saturn, Uranus, and Chiron--now updated through 2050--to predict your personal growth cycles and timing of kundalini rising • Shares tools to cope with the intensity of spiritual emergency and direct the kundalini energy released during planetary passages • Includes a new preface by the author reflecting on 20 years of success stories since the book's initial publication • No astrological chart needed to use this book In this updated edition of *Liquid Light of Sex*, renowned astrologer and spiritual teacher Barbara Hand Clow explores the connection between life crises in your 30s, 40s, and 50s and the key astrological passages of Saturn, Uranus, and Chiron in your birth chart. She explains how kundalini energy--the "liquid light of sex" that lies at the base of the spine--is activated during these planetary transits, rising through the chakras and triggering the process of spiritual emergency, and in many cases, a cascade of health, emotional, and relationship problems as well as extreme anxiety. She shows that by understanding these astrological transits, you can be prepared for turbulent periods and successfully navigate them by creatively channeling the spiritual fire of kundalini. Clow provides astrological charts--now updated through 2050 for those born between 1930 and 2000--detailing the cycles of Saturn, Uranus, and Chiron, so you do not need your birth chart to use this book. She explains how to use the charts to predict the onset and completion of each kundalini activation and corresponding crisis. She shares tools for individuals and therapists to cope with the intensity of spiritual emergency and too much fire energy, unblock the chakras, and integrate the power of kundalini for physical, emotional, and spiritual growth. Reflecting on 20 years of success stories since the book's initial publication, Clow presents a road map for using celestial cycles to navigate positively and productively in times of great life change.

*Hands of Light: A Guide to Healing Through the Human Energy Field* Bantam

Uncover new ways to connect with the incredible healing energy that is always flowing through you in this second edition of Keith Sherwood's bestselling book. Expanding the scope beyond physical disease, *The Art of Spiritual Healing* now has chapters on healing energetic traumas and relationships, as well as maintaining wellness in a complex and stressful world. Many original healing techniques have also been streamlined and simplified, making it easier to enrich your body, soul, and spirit. Featuring new illustrations, new mudra practices, and step-by-step directions to new and classic techniques, this handbook helps you build and maintain good health. In addition to becoming a wellspring for the Divine healing energy, you'll learn how to: Develop "attention," a key factor in energy work and healing See and feel auras, and use them as a diagnostic tool Open and balance the chakras Use vibrational, polarization, and empathetic techniques Channel energy from a distance

AN INSTANT #1 NEW YORK TIMES BESTSELLER *Beautiful World, Where Are You* is a new novel by Sally Rooney, the bestselling author of *Normal People* and *Conversations with Friends*. Alice, a novelist, meets Felix, who works in a warehouse, and asks him if he'd like to travel to Rome with her. In Dublin, her best friend, Eileen, is getting over a break-up, and slips back into flirting with Simon, a man she has known since childhood. Alice, Felix, Eileen, and Simon are still young—but life is catching up with them. They desire each other, they delude each other, they get together, they break apart. They have sex, they worry about sex, they worry about their friendships and the world they live in. Are they standing in the last lighted room before the darkness, bearing witness to something? Will they find a way to believe in a beautiful world?

Don't know what to do with your life? Drawn to so many things that you can't choose just one? New York Times best-selling author Barbara Sher has the answer--do EVERYTHING! With her popular career counseling sessions, motivational speeches, workshops, and television specials, Barbara Sher has become famous for her extraordinary ability to help people define and achieve their goals. What Sher has discovered is that some individuals simply cannot, and should not, decide on a single path; they are genetically wired to pursue many areas. Sher calls them "Scanners"--people whose unique type of mind does not zero in on a single interest but rather scans the horizon, eager to explore everything they see. In this groundbreaking book, you will learn: What's behind your "hit and run" obsessions When (and how) to finish what you start How to do everything you love What type of Scanner you are (and which tools you need to do your very best work)

Drawing on cases, Stark identifies the problems with our current approach to domestic violence, outlines the components of coercive control, and then uses this alternate framework to analyse the cases of battered women charged with criminal offenses directed at their abusers.

A unique blend of ancient tradition and modern scientific theory, a comprehensive introduction to the science of the human "aura" or energy field discusses how this field can be used for healing. Original. 50,000 first printing.

Archimedes to Hawking takes the reader on a journey across the centuries as it explores the eponymous physical laws--from Archimedes' Law of Buoyancy and Kepler's Laws of Planetary Motion to Heisenberg's Uncertainty Principle and Hubble's Law of Cosmic Expansion--whose ramifications have profoundly altered our everyday lives and our understanding of the universe. Throughout this fascinating book, Clifford Pickover invites us to share in the amazing adventures of brilliant, quirky, and passionate people after whom these laws are named. These lawgivers turn out to be a fascinating, diverse, and sometimes eccentric group of people. Many were extremely versatile polymaths--human dynamos with a seemingly infinite supply of curiosity and energy and who worked in many different areas in science. Others had non-conventional educations and displayed their unusual talents from an early age. Some experienced resistance to their ideas, causing significant personal anguish. Pickover examines more than 40 great laws, providing brief and cogent introductions to the science behind the laws as well as engaging biographies of such scientists as Newton, Faraday, Ohm, Curie, and Planck. Throughout, he includes fascinating, little-known tidbits relating to the law or lawgiver, and he provides cross-references to other laws or equations mentioned in the book. For several entries, he includes simple numerical examples and solved problems so that readers can have a hands-on understanding of the application of the law. A sweeping survey of scientific discovery as well as an intriguing portrait gallery of some of the

greatest minds in history, this superb volume will engage everyone interested in science and the physical world or in the dazzling creativity of these brilliant thinkers.

A gripping portrait of modern Tibet told through the lives of its people, from the bestselling author of *Nothing to Envy* “A brilliantly reported and eye-opening work of narrative nonfiction.”—The New York Times Book Review NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Parul Sehgal, The New York Times • The New York Times Book Review • The Washington Post • NPR • The Economist • Outside Just as she did with North Korea, award-winning journalist Barbara Demick explores one of the most hidden corners of the world. She tells the story of a Tibetan town perched eleven thousand feet above sea level that is one of the most difficult places in all of China for foreigners to visit. Ngaba was one of the first places where the Tibetans and the Chinese Communists encountered one another. In the 1930s, Mao Zedong’s Red Army fled into the Tibetan plateau to escape their adversaries in the Chinese Civil War. By the time the soldiers reached Ngaba, they were so hungry that they looted monasteries and ate religious statues made of flour and butter—to Tibetans, it was as if they were eating the Buddha. Their experiences would make Ngaba one of the engines of Tibetan resistance for decades to come, culminating in shocking acts of self-immolation. *Eat the Buddha* spans decades of modern Tibetan and Chinese history, as told through the private lives of Demick’s subjects, among them a princess whose family is wiped out during the Cultural Revolution, a young Tibetan nomad who becomes radicalized in the storied monastery of Kirti, an upwardly mobile entrepreneur who falls in love with a Chinese woman, a poet and intellectual who risks everything to voice his resistance, and a Tibetan schoolgirl forced to choose at an early age between her family and the elusive lure of Chinese money. All of them face the same dilemma: Do they resist the Chinese, or do they join them? Do they adhere to Buddhist teachings of compassion and nonviolence, or do they fight? Illuminating a culture that has long been romanticized by Westerners as deeply spiritual and peaceful, Demick reveals what it is really like to be a Tibetan in the twenty-first century, trying to preserve one’s culture, faith, and language against the depredations of a seemingly unstoppable, technologically all-seeing superpower. Her depiction is nuanced, unvarnished, and at times shocking.

Peopled by larger-than-life heroes and villains, charged with towering questions of good and evil, *Atlas Shrugged* is Ayn Rand’s magnum opus: a philosophical revolution told in the form of an action thriller—nominated as one of America’s best-loved novels by PBS’s *The Great American Read*. Who is John Galt? When he says that he will stop the motor of the world, is he a destroyer or a liberator? Why does he have to fight his battles not against his enemies but against those who need him most? Why does he fight his hardest battle against the woman he loves? You will know the answer to these questions when you discover the reason behind the baffling events that play havoc with the lives of the amazing men and women in this book. You will discover why a productive genius becomes a worthless playboy...why a great steel industrialist is working for his own destruction...why a composer gives up his career on the night of his triumph...why a beautiful woman who runs a transcontinental railroad falls in love with the man she has sworn to kill. *Atlas Shrugged*, a modern classic and Rand’s most extensive statement of Objectivism—her groundbreaking philosophy—offers the reader the spectacle of human greatness, depicted with all the poetry and power of one of the twentieth century’s leading artists. Barbara Ann Brennan, founder of the Barbara Brennan School of Healing and best-selling author of *Hands of Light* and *Light Emerging*, is one of the most influential healers and spiritual leaders of the 21st century. Now, in her latest book, *Core Light Healing*, her work continues with revolutionary new information on working with the creative process and the fourth level. The fourth-level, or astral, world bridges the creative pulse from the physical to the higher levels of reality and manifestation. *Core Light Healing* also chronicles Barbara Brennan’s life journey and personal experiences. In *Core Light Healing* you will discover:

- The nature of the creative process from the Human Energy Consciousness perspective
- How each of us creates blocks in our energy fields; how blocks look, interact, and ultimately cause dysfunction in our lives; and the process involved in the clearing of blocks and releasing our creative potential
- How to develop and work with High Sense Perception and its role in facilitating the clearing of blocks in our energy fields
- The nature of fourth-level reality and its vital role in the creative process
- The fourth level as it relates to healing relationships and the cord connections that underlie those relationships
- And much more

Complete with full-color and black-and-white illustrations, *Core Light Healing* offers to take you on a journey to create the life you have always imagined.

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, *GatesNotes* After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

#1 NEW YORK TIMES BESTSELLER From the YouTube superstars and creators of *Good Mythical Morning* comes the ultimate guide to living a “Mythical” life, featuring stories and photos from their lifelong friendship, as well as awesomely illustrated guides, charts, and activities aimed at laughing more, learning more, and never taking yourself too seriously. Thanks for reading this description. You’re obviously a curious person, which means you’ve already taken your first step towards achieving Mythicality. Lucky for you, opening this book is even more rewarding than reading about it online. Within its pages, you’ll discover twenty ways to fill your life with curiosity, creativity, and tomfoolery, including *Eat Something That Scares You*, *Make a Bold Hair Choice*, *Say “I Love You” Like It’s Never Been Said*, and more. Along the way, you’ll also find:

- Embarrassing stories and photos we’ll probably regret sharing
- Character Building: The Board Game
- An important message from the year 2075
- A quiz to help you determine if you should get a dog
- A eulogy you can read at any funeral
- Grownup merit badges to earn
- Contributions from Mythical Beasts, and much more

If you decide to read this book, be warned—there is a high likelihood of increased Mythicality in your life, which means you may soon find yourself laughing more, learning more, and not taking yourself too seriously. This mentality has been known to spread easily to friends and loved ones.

With *The Energy Cure*, Dr. William Bengston presents astonishing evidence that challenges us to totally rethink what we believe about our ability to heal. Drawing on his scientific research,

incredible results, and mind-bending questions, Bengston invites us to follow him along his 35-year investigation into the mystery of hands-on healing, and to discover a technique that may activate your healing abilities. Part memoir and part instruction, this provocative book explores: Bengston's paradigm-shifting experimental results and why they seem so difficult for some medical practitioners to accept Image cycling, a unique preparation method for a hands-on-healing treatment Why traditional Western medicine isn't always best, the value of skepticism, the strengths of energy medicine, and more William Bengston, PhD, is a professor of sociology at St. Joseph's College in New York. In his early twenties, he received hands-on healing that ended his chronic back pain. A self-proclaimed rationalist, he began a 35-year investigation that has made him one of today's leading researchers into the mystery and power of energy medicine.

In this long awaited follow-up to the best-selling *An Altar in the World*, Barbara Brown Taylor explores 'the treasures of darkness' that the Bible speaks about. What can we learn about the ways of God when we cannot see the way ahead, are lost, alone, frightened, not in control or when the world around us seems to have descended into darkness?

The small business guru behind Duct Tape Marketing shares his most valuable lesson: how to get your customers to do your best marketing for you. The power of glitzy advertising and elaborate marketing campaigns is on the wane; word-of-mouth referrals are what drive business today. People trust the recommendation of a friend, family member, colleague, or even stranger with similar tastes over anything thrust at them by a faceless company. Most business owners believe that whether customers refer them is entirely out of their hands. But science shows that people can't help recommending products and services to their friends-it's an instinct wired deep in the brain. And smart businesses can tap into that hardwired desire. Marketing expert John Jantsch offers practical techniques for harnessing the power of referrals to ensure a steady flow of new customers. Keep those customers happy, and they will refer your business to even more customers. Some of Jantsch's strategies include: -Talk with your customers, not at them. Thanks to social networking sites, companies of any size have the opportunity to engage with their customers on their home turf as never before-but the key is listening. -The sales team is the most important part of your marketing team. Salespeople are the company's main link to customers, who are the main source of referrals. Getting them on board with your referral strategy is critical. -Educate your customers. Referrals are only helpful if they're given to the right people. Educate your customers about whom they should be talking to. The secret to generating referrals lies in understanding the "Customer Referral Cycle"-the way customers refer others to your company who, in turn, generate even more referrals. Businesses can ensure a healthy referral cycle by moving customers and prospects along the path of Know, Like, Trust, Try, Buy, Repeat, and Refer. If everyone in an organization keeps this sequence in mind, Jantsch argues, your business will generate referrals like a well-oiled machine. This practical, smart, and original guide is essential reading for any company looking to grow without a fat marketing budget.

A comprehensive collection of lifestyle information, including tips on eating, exercising, and fashion.

"A fascinating book, combining the most modern theory of psychic and metaphysical philosophy with Eastern and Western thought".--New Realities.

A collection of energetic and inquisitive poetry invites the reader to explore beauty, heartbreak, loss, and outrage

BARBARA ANN BRENNAN, founder of the Barbara Brennan School of Healing and bestselling author of *Hands of Light* and *Light Emerging*, is one of the most influential healers and spiritual leaders of the 21st century. Now, in her latest book, *Core Light Healing*, her work continues with revolutionary new information on working with the creative process and the fourth level. The fourth-level, or astral, world bridges the creative pulse from the physical to the higher levels of reality and manifestation. *Core Light Healing* also chronicles Barbara Brennan's life journey and personal experiences. In *Core Light Healing* you will discover: - The nature of the creative process from the Human Energy Consciousness perspective - How each of us creates blocks in our energy fields; how blocks look, interact and ultimately cause dysfunction in our lives; and the process involved in the clearing of blocks and releasing our creative potential - How to develop and work with High Sense Perception and its role in facilitating the clearing of blocks in our energy fields - The nature of fourth-level reality and its vital role in the creative process - The fourth level as it relates to healing relationships and the cord connections that underlie those relationships ... and much more Complete with full-colour and black-and-white illustrations, *Core Light Healing* offers to take you on a journey to create the life you have always imagined.

What if one of the most effective tools you have to restore your health is not surgery or medications, but your own hands? Incredibly, your hands can heal you -- with the "energy medicine" of Pranic Healing. A powerful system that is rapidly increasing in popularity, Pranic Healing works with your own natural, vital energy -- which is also called prana -- to accelerate your body's innate self-healing ability. Amazingly easy to learn and apply, Pranic Healing uses a series of powerful but simple methods to generate energy, including non-touch hand movements; energetic hygiene, the practice of keeping your personal energy tank clean and full; breathing; and brief meditations. Using these unique techniques, you can identify, clear, and purify unhealthy, imbalanced energy and replace it with fresh energy that helps your body heal itself from a wide range of physical, psychological, and emotional symptoms and disorders. A self-healing guide for 24 ailments, including physical and sports injuries, chronic arthritis, irritable bowel syndrome, insomnia, hypertension, headaches, backaches, congestion and colds, menstrual cramps, even depression and stress-related disorders, is included. With step-by-step instructions, line drawings, and numerous real-life medical stories, *Your Hands Can Heal You* demonstrates and explains a revolutionary program that anyone can use to harness the energy of body, mind, and breath to produce health and facilitate repair. Personally trained by Grand Master Choa Kok Sui, who developed Pranic Healing, the authors, Master Co and Dr. Robins, provide the same detailed guidance in *Your Hands Can Heal You* as in the popular Pranic Healing workshops. Additionally, they present, for the first time in any book, the Grandmaster's special modifications to the breathing practices that can dramatically increase your power and energy and rejuvenate and balance your physical, emotional, mental, and spiritual body. This exciting new mind-body health reference proves that you can heal yourself -- with your own two hands.

“Open Water is tender poetry, a love song to Black art and thought, an exploration of intimacy and vulnerability between two young artists learning to be soft with each other in a world that hardens against Black people.”—Yaa Gyasi, author of *HOMEGOING* In a crowded London pub, two young people meet. Both are Black British, both won scholarships to private schools where they struggled to belong, both are now artists—he a photographer, she a dancer—and both are trying to make their mark in a world that by turns celebrates and rejects them. Tentatively, tenderly, they fall in love. But two people who seem destined to be together can still be torn apart by fear and violence, and over the course of a year they find their relationship tested by forces beyond their control. Narrated with deep intimacy, *Open Water* is at once an aching beautiful love story and a potent insight into race and masculinity that asks what it means to be a person in a world that sees you only as a Black body; to be vulnerable when you are only respected for strength; to find safety in love, only to lose it. With gorgeous, soulful intensity, and blistering emotional intelligence, Caleb Azumah Nelson gives a profoundly sensitive portrait of romantic love in all its feverish waves and comforting beauty. This is one of the most essential debut novels of recent years, heralding the arrival of a stellar and prodigious young talent. The bestselling novel of love and sacrifice under fascist rule, and “a treat for the mind. One of the best books I have read in a long time” (Isabel Allende). Raimund Gregorius, a professor of dead languages at a Swiss secondary school, lives a life governed by routine. Then, an enigmatic Portuguese woman stirs his interest in an obscure, and mind-expanding book of philosophy that opens the possibility of changing Raimund’s existence. That same night, he takes the train to Lisbon to research the book’s phantom author, Amadeu de Prado, a renowned physician whose principles led him to confront Salazar’s dictatorship. Raimund, now obsessed with unlocking the mystery behind the man, is determined to meet all those on whom Prado left an indelible mark. Among them: his eighty-year-old sister, who maintains her brother’s house as if it were a museum; an elderly cleric and torture survivor confined to a nursing home; and Prado’s childhood friend and eventual partner in the Resistance. The closer Raimund comes to the truth of Prado’s life, and eventual fate, an extraordinary tale takes shape amid the labyrinthine memories of Prado’s intimate circle of family and friends, working in utmost secrecy to fight dictatorship, and the betrayals that threaten to expose them. “A meditative, deliberate exploration of loneliness, language and the human condition” (The San Diego Union-Tribune), *Night Train to Lisbon* “call[s] to mind the magical realism of Jorge Amado or Gabriel Garcia Marquez . . . allusive and thought-provoking, intellectually curious and yet heartbreakingly jaded,” and inexorably propelled by the haunting mystery at its heart (The Providence Journal). *Night Train to Lisbon* was adapted into Bille August’s award-winning 2013 film starring Jeremy Irons, Lena Olin, Christopher Lee, and Charlotte Rampling.

With compassion and compelling insight, the Pleiadians, those system-busting time-travelers from the future, take us on a journey through the uncharted lands of *The Book of Earth*, which comprises all human experience. While “our world goes belly-up in these most absurd of times,” they offer us “tools for survival.” During the crucial period between 1987 and 2012--a nanosecond in the annals of existence where secrets and solutions are stored--we have the unique opportunity to move from the deepest of density to the highest of frequencies--where we shift from linear to multi-dimensional living. To make this transition, we must face not only the limitations of our 3-D world with its electronic manipulation and mind control, we must embrace our own wounds, and those of our ancestors and our leaders. To heal ourselves, to raise our frequency from one of despair and fear to one of great inspiration and love, the Pleiadians urge us to rethink and reevaluate our lives: “You shall change, you will change, you must change, because this is the season of change.”

It became clear to me during my lengthy professional study, and Certification as a Trainer of Neuro Linguistic Programming, Clinical Hypnotherapy, Spiritual Psychotherapy, and Metaphysics, that the Ego causes us to create prison like limitations-victimhood, fear, insecurity, and self-sabotage. I found the key to the cell door when I discovered I could go outside the space-time continuum of the third dimension and become egoless. A simple technique to master that I will share with you. Later I began a quest for how Spirit becomes matter and the role of the so-called 'God Particle' which was proving elusive to Natural Science. Years of exciting research led to my fascination with the enormous creative power that resides in our Spiral Vortices, Hara Center, and Toroidal fields, which together form a meta program-a multi-dimensional piece of software, with its own power source, to which we connect, and from which we create. While learning to harness this innate creative ability, I found that I ceased to be a pawn and became the engineer and architect of my life. All of us are seeking a simple method of mental alchemy. We all want to transmute fear and doubt into confidence, and assurance. We're all seeking the courage to be bold enough to live life as we want it to be. I wanted to share the art and science of true alchemy made possible by the zero point sphere. I wanted to shout from the rooftops to all Healers, Lightworkers and Intuitives, that I had discovered, or in some ways re-discovered, transformative, innate, energetic structures: the torus, and zero point energy, and how to harness them. At the prompts and assistance of my Spirit Guides, we created this Master Class, so that true seekers may enjoy expedited enlightenment, divine blueprint activation, and a reset of your morphogenetic field which supports homeostasis, and health.

The Allegory of the Cave, or Plato's Cave, was presented by the Greek philosopher Plato in his work *Republic* (514a–520a) to compare "the effect of education (???????) and the lack of it on our nature". It is written as a dialogue between Plato's brother Glaucon and his mentor Socrates, narrated by the latter. The allegory is presented after the analogy of the sun (508b–509c) and the analogy of the divided line (509d–511e). All three are characterized in relation to dialectic at the end of Books VII and VIII (531d–534e). Plato has Socrates describe a group of people who have lived chained to the wall of a cave all of their lives, facing a blank wall. The people watch shadows projected on the wall from objects passing in front of a fire behind them, and give names to these shadows. The shadows are the prisoners' reality. A leading figure in the field of healing and mind/body research presents an intriguing, multidisciplinary, and multicultural study of the human energy field. "A most impressive blend of extensive research and expert personal observation".--Meditation magazine. Photos; drawings.

For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In her long-awaited new book, Donna speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face. She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to treat a host of health issues. From PMS to menopause, from high blood pressure to depression, the book offers easy-to-follow solutions to women's health issues that traditional medicine often fails to provide. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system,

Eden presents what is sure to become a classic book on the subject of women's health.

Drawing on his clinical experience Dr Bernie Siegel shows how, by reaching out to others, people can alleviate stress and release the body's healing mechanism. He shows that when apparently terminal patients take control of their illness they can change, enrich and sometimes prolong their lives.

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