

Soul Realignment Practitioners

A leading mind-body researcher provides an invaluable resource of solid scientific evidence for consciousness-based healing—along with practices anyone can use. Spontaneous remission, the placebo effect, and energy healing—these phenomena have baffled the medical community for decades. What do all these marvels tell us? “Our current models of medicine fall short of understanding the depths of our human healing potential,” says Dr. Shamini Jain. “We are on the cusp of finally becoming awake to our human healing potential. A growing number of scientists are exploring a new path—a true expansion of science joined with understandings from ancient concepts of spirituality.” With *Healing Ourselves*, Dr. Jain presents a new vision of health and healing. Here she rejects the “either-or” thinking that has placed conventional medicine at odds with so-called alternative methods—offering an integrated path based on sound scientific evidence and personal empowerment. Join her to explore:

- Biofield science—peer-reviewed research on the inseparable relationship between consciousness and healing
- The placebo and beyond—what placebo research tells us about the power of consciousness to heal ourselves, whether we choose drugs, surgery, or holistic medicine
- Evidence—what strong, published research actually says about the healing power of holistic practices such as yoga, tai chi, meditation, and energy healing
- The Healing Keys—in-depth instruction with evidence-based recommendations and ancient spiritual practices that you can integrate into your life for healing yourself

Today more than ever, we realize that we must change the way we think about health care—and our ability to heal ourselves. “The good news is there is a way forward,” teaches Dr. Jain. “The flame that lights the path burns brighter than the darkness of ignorance and suffering we have found ourselves in.” With *Healing Ourselves*, this inspiring teacher shares a holistic model of health that we have known in our hearts, all along, to be true. Medical archaeologists and anthropologists are both interested in the cultural constructions of disease, healing and medicine, and the papers presented in this volume aim to bridge the disciplinary gap, widen the field of interpretation, and reconsider the cultural complexities of medical ideologies, beliefs and practices.

Beyond our time-space reality, there exists a database of raw components from which everything in our world has been pulled through into manifestation. What makes a lemon a lemon and a dog a dog is merely arrangements of Energy & Information that we decipher as such. Each of us has a unique energetic signature beyond the arrangement of these components but also Archetypically within these configurations. With the collective definition of something being inclusive, this database has been called many things: Akasha, Divine Feminine, The Field, The Subquantum Domain. Never before has a way to access and use this information been so eloquently provided. Without having to know anything about this mysterious abyss of unlimited potential, of all things that ever were and ever will be, we can tap into this database for any concern or desire because we are already a part of it. The illusion of separation means that we can go about our lives contained within our bodies and living our own lives. The memories we assign and the identities we associate with further enforce the illusion of separation, but we can expand past it all and tap into all things without their physical presence or our ability to perceive them with our senses. The Anahata Codes is the Law of Attraction of Energy Medicine and first began in the Spring of 2015 when Author, Anahata Holly Hallowell had a Divine Download. She set about Channeling The Anahata Codes and they have steadily grown in both depth and popularity. With tens of thousands of people around the world at the time of publication using them to bring peace, joy, healing, and meaning to their lives, the Anahata Codes can be used for any concern or desires: mental, emotional, physical, or Spiritual. This book is an organic

living document which is a Directory of the Sacred Codes. It does not explain the science behind this revolutionary new self-directed biologically transformative technology; for that, you will need to read "Resonance Remembrance: The Art of Activating Assisting Frequencies and Evolutionary DNA" also by Anahata Holly Hallowell. You are holding within your hands the ability to decipher the unique energy signature which you need at this precise moment, or for others, and a fast and effective way to activate the Assisting Frequencies we are already connected to inextricably. The simplicity delivered through this infinitely complex subject matter is truly extraordinary. Removing completely the need for you to understand any of the things listed inside even at a basic level. Your higher-self already knows what you need and the joy of "pulling a code" through Magnetism and activating the assistance available is a ride you will never forget. The three steps are so simple, that even a child could do it. There is no force and the activations are different based on the person's own unique needs. No two Anahata Codes are activated in the same way because no two people need the assistance the Code they chose provides in the same way. You are about to rediscover your connection to ALL things and through this Divine Connectivity, unlock the essence to transform every aspect of your life - beyond mindset and into physicality. You are about to Activate Assisting Frequencies and Evolutionary DNA through Resonance Remembrance.

In this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day. Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in *The Relaxation Response*. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people have learned the secret—without high-priced lectures or prescription medicines. *The Relaxation Response* has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure.

Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

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.

This comprehensive encyclopedia brings together flower essences gathered from all corners of the globe, from Hawaii and the Himalayas to America and the Australian Bush. It explains what flower remedies are, how they work and how to choose the right remedies for your clients' needs. The properties of 33 families of flower essences and the benefits of over 2,000 remedies, combinations, mists and creams are described. An easy-to-use ailment chart pinpoints remedies for a wide range of physical and psychological conditions, from stress to hormonal imbalance and from allergy to depression. The author provides instructions for prescribing, preparing and using flower remedies alongside illustrative patient case studies. This will be the definitive handbook for practitioners, therapists and students of complementary and alternative therapies working with flower essences and will be valuable reading for those wanting to learn more about how they can use flower essences in their practice.

Inspirations For Soul Growth and Living Your Best LifeCreatespace Independent Publishing Platform

The ultimate savvy spiritualist's 'business bible', *Starting a Spiritual Business* will put you on the path to living your dream. Presenting case studies, lashings of inspiration and business advice, *Starting a Spiritual Business* will have you grasp the bull by the horns and give you the courage you need to accomplish your true purpose: starting a spiritual business and setting up your own practice. Reiki, Angelic Healing, Mediumship? Or something else? Which healing therapy will you choose, and how will you help people? This book is not only a guide and inspiration, but also offers solid practical advice on starting up, including finding funding, managing your finances and marketing your business.

"Das Leben hält oft Wunder bereit, man muss sie nur sehen und Gelegenheiten ergreifen." -- Max Dies ist ein ganz besonderes Buch. Ein Buch, das Seelenkater Max bei seinem Frauchen nur wenige Wochen vor seinem Tod in Auftrag gegeben hat. Wie so vieles hat er auch das selbst eingepfötelt. Eine Geschichte, getragen von der tiefen Liebe zwischen Max, Flix, Howy und ihren Menschen, auch in Zeiten großer Herausforderungen. Es geht um die Tier-Mensch-Beziehungen auf Augenhöhe. Um die Adoption älterer Kater aus dem Tierheim und ihr körperliches und seelisches "Gepäck". Um Tierkommunikation, Krankheiten, sonnige Momente und die Reise ins Regenbogenland. Tauche

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ein in die "Seelenkater"-Geschichten, lerne Alphakater Max, Denker Flix und Sonnenschein Howy kennen, erlebe gemeinsam emotionale und witzige, aber auch hochdramatische Situationen. Lerne, wie Schulmedizin, natürliche Heilmethoden und Energetik sich gegenseitig super ergänzen können. Erlebe eine Geschichte, die berührt. Eine Geschichte, die Mut macht. Eine Geschichte, in der Max seine Menschen adoptiert und über seinen Tod hinaus begleitet hat. Eine Geschichte, die zeigt, dass Liebe die stärkste Energie ist, die wir haben. "Lass Liebe und Freude Deine Handlungsprinzipien sein." -- Howy

Spirit Code: The Healing of Energies in the Body's Subconscious explores the depths of consciousness contained in the body and soul of any human. You will be given practical tools to plumb these inward depths so that you can experience comprehensive and lasting change. The areas covered include repressed emotions, subconscious beliefs, harmful images, core states, the vital heart center, the mental field's limiting thoughts, the chakras, the meridians, the many facets of the human body's physiology, and so much more. This writing is a manual meant to train you in the Spirit Code protocol so that you can be a skilled and certified practitioner of this modality, for yourself and/or others. MORE THAN 200,000 SOLD! An incredible power awaits your command You possess a secret power that is just waiting to be harnessed—your natural psychic sense. This unique book on psychic development offers fast and easy techniques that can be used every day to solve problems, psychically shield yourself from harm, contact your spirit guide, attain superior listening skills, boost your reading comprehension, and even reserve that perfect parking space in advance. Awaken and develop your innate psychic abilities, and ultimately create the kind of life you have always dreamed of. More than 44 fun and simple activities and 28 case studies in this book on psychic development illustrate the effectiveness of these methods, helping you master a variety of psychic techniques: • Clairvoyance • Telepathy • Astral travel • Psychometry • Psychic healing • Divination • Communicating with animals and spiritual entities

A practical guide to experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound "awareness of awareness"—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 "mini-chapters" guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. The Little Book of Being invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of "glimpse practices" to spark natural awareness anytime, in just a few moments How to bring this way of "simply being" into your daily life, into your connection with others, and into the world "At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed 'beingness' throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could." —Diana Winston

This book is a tool you can use in the way that seems best for you. This book is very simple, to the point, and easy to read. You can read one inspiration a day, one a week, or read the whole thing straight through. You can read one then go deeper and really work towards implementing it in your life then move on to the next when you're ready. This is to help you so use it how you see fit. Dive right in and start

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creating the life you want!

Therapists and other helping professionals, such as teachers, doctors and nurses, social workers, and clergy, work in highly demanding fields and can suffer from burnout, compassion fatigue, and secondary stress. This happens when they give more attention to their clients' well being than their own. Both students and practitioners in these fields will find this book an essential guide to striking an optimal balance between self-care and other-care. The authors describe the joys and hazards of the work, the long road from novice to senior practitioner, the essence of burnout, ways to maintain the professional and personal self, methods experts use to maintain vitality, and a self-care action plan. Vivid real-life examples and self-reflection questions will engage and motivate readers to think about their own work and ways to enhance their own resilience. Eloquently written and supported by extensive research, helping professionals will find this a valuable resource both when a novice and when an experienced practitioner.

Our senses help us to understand the world we live in. But we tend to rely on our physical senses like sight, hearing, smell touch, and taste to help us form opinions and make decisions about what we do and don't like, and more importantly what is good for us. Yet there is another sense which people often forget which is vital to help guide us with making choices for our highest good. This is the sixth sense, known as intuition. There are many reasons why we forget how to use this sense which is vital to our self-confidence and our ability to become leaders. Whether it be our environment or experiences, many things can cause us to lose confidence and shut our intuition down. One of the best ways to develop our intuition and become attuned to our inner knowing is to allow ourselves to reconnect with this sense through regular journaling. The In-tu-it-i've got this journal is designed to help you develop trust in your internal guidance system and in doing so build your self-confidence, to become a leader in your own life and all areas of your life. In-tu-it-i've got this is a play on words designed to instill confidence in you that when you intend to dedicate time each day to the practice of journaling when you are fully into it, then before you know it, you will be able to say I've got this because you will have gained confidence in yourself and your internal compass. Happy journaling! For more information please visit sandyj.com.au

In today's fast-paced world, it is more important than ever to create a lifestyle that focuses on the mind, body, spirit balance. The author guides spiritual seekers on a creative journey by nourishing connections to truth, healing, inner peace, faith and love. She facilitates the activation of your own inner wisdom, shifts limited perspectives and reframes obstacles to open your heart path and actualize your dreams. Using practical tools and innovative ideas, DuFermont inspires an authentic transformation that embraces nature's grace through metaphor and heartfelt themes such as healing, hope, possibility and complete realignment with one's true self. She invites you to access the courage to express your uniqueness, illuminate your truth and cherish today! This guide reminds all of us that we are responsible for our own path in life. *Divine Dimensions: Expressions in Daily Life* is a useful resource that offers timeless principles to seekers who want to honor their soul contract, live life fully in the present and realize their innate potential.

Everything you need to heal and claim the life destined to become yours is already within you. This is the simple but powerful message at the very heart of Life Alignment – an extraordinary system of vibrational healing that has been handed down from higher powers and other dimensions – to help you do just that. You know why you are here and how to get the life you want, you've simply forgotten that the power to change and make that happen lies with you. A Life Alignment healing session with a Life Alignment practitioner will help your body and mind remember and put you back on the road to the destiny that awaits you. In this new book, *Live Your Life*, Life Alignment practitioner, Philippa Lubbock, tells the incredible story of how a healing system that has been attuned for the 21st Century has been passed, in stages and quietly

over 30 years, to one man – Life Alignment guru Jeff Levin. Here you will find the very latest of those teachings and a pathway back to meet and communicate with your deeper spiritual self who already has the answers and is now waiting for you to find a way to hear the inner guidance that will show you the way ahead and the path you need to take.

Tomato Bisque for the Brain is a book of wisdom, abundance, empowerment, prosperity and success. Its purpose is to help individuals move forward in life in positive ways through increased self-improvement, self-development, self-motivation, self-reflection, self-actualization, self-determination, self-transformation and self-enhancement. And, it introduces and draws upon alternative mental health and wellness techniques like Hypnosis, Hypnotherapy, Mindfulness, Mind-setting, NLP (Neuro Linguistic Programming), Time Line Therapy®, Mental Massages, Parts Integration, Values Realignment, Regression Analysis, Defense Mechanism Analysis, All Day Breakthroughs, Freudian Psychoanalysis and Ericksonian Therapies. It illustrates the concept that pills alone will not solve most mental, emotional and/or psychological problems. The idea for this book came from watching Super Soul Sundays® on the Oprah Winfrey Network (OWN)®. Watching the show has been such an inspiration for me. It's been a teacher. Oprah's "Thought for Today" newsletter® has also been a great inspiration. As an MD with two Abundance, Empowerment, Mind-setting and Prosperity Practices, MLC Of Greater Atlanta [MLCOGA], and Atlanta Coaching and Hypnotherapy Associates [ACHA], I help my clients to realize that there are motivations, inspirations and moments of insight that are readily available to them. In practice, I found myself continually sending my clients to other sources to find concepts, affirmations, quotes and statements that would help empower them and fuel their meditations on a daily basis. So, I decided to create one for them so that I wouldn't have to necessarily send them elsewhere. At my core, I believe that we should find and share positive energy. This book represents my opportunity to share the positive energy and encouragement that I've received from my parents, Reverend Harlis R. Wright & Dr. Bettye D. Wright, my mentor, Dr. Todd M. Antin (The CEO and Chief Medical Director of PACT Atlanta, the largest psychiatric practice in the Southeastern United States), Dr. Oprah Winfrey, my teachers & professors, my friends and strong acquaintances, life circumstances and other sources. Chapter One covers Emotion Hoarding, Chapter Two covers how to create circles trust, empowerment and abundance in your life, Chapter Three shows you how to create and press the "RESET" Switch in life, Chapter Four covers the power of sound and music to enhance life, Chapter Five covers the topic of mental imagery to create the future that you desire, Chapter Six contains a "Holiday Survival Guide" to help guide you through stressful holidays and events, and finally, Chapter Seven provides you with two thirds (2/3) of a year of motivational quotes, inspirational phrases and daily positive self-affirmations. This book was created to help empower you, help inspire you, help fuel your meditations, to help fuel your dreams & aspirations, to help fuel your hypnosis sessions, to help energize your mind, body, spirit & soul, to help you stay mentally refreshed and renewed, to help empower your thoughts and prayers, and to nourish for your mind, body, spirit, soul & psyche. Finally, it introduces you to alternative mental health and wellness techniques like Hypnosis, Hypnotherapy, Mindfulness, Mind-setting, NLP (Neuro Linguistic Programming), Time Line Therapy®, Mental Massages, Parts Integration, Values Realignment, Regression Analysis, Defense Mechanism Analysis, All Day Breakthroughs, Freudian Psychoanalysis and Ericksonian Therapies (topics that will be further explored in my 4th upcoming book, which is focused on alternative mental health and wellness concepts and techniques). Together, these book help to illustrate the concept that pills alone will not solve most mental, emotional and/or psychological problems. At its very essence, this book will CHANGE Your LIFE! Also be sure to check out my first self-improvement, self-development and self-empowerment book, Sweet Potato for the Spirit, Soul & Psyche, and my revolutionary new diet, nutrition, health, wellness and lifestyle book, The DNA Diet! www.mlco.ga.com

An Integrative System of Energy Medicine for Patients Undergoing Intense Medical Procedures Science-based medicine is finally ready to embrace the use of Medical Reiki. This phenomenal book reveals groundbreaking energy practices that can activate the parasympathetic nervous system and accelerate the effectiveness of serious treatments like surgery and chemotherapy. Having worked in operating rooms alongside surgeons for nearly two decades, Reiki Master Raven Keyes is uniquely qualified to share techniques for helping patients feel whole and free of stress that can impede their healing. Raven shares how to request and receive Medical Reiki, how physicians can open their practice to it, and how to use exercises, meditations, and affirmations for further healing. Medical Reiki is essential to the evolution of patient care. Includes a foreword by Dr. Sheldon Marc Feldman, MD, FACS, director of breast cancer services at Montefiore Medical Center

Ginny Nadler has found an important connection between the physical pain you experience and the energetic roadblocks that are deeper in the cell structure, in the very fabric of your being. In *Spiritual Anatomy*, she presents a powerful approach for unraveling your deeply entangled distortions and bringing your body back into alignment.

Rebecca Campbell offers readers an illuminating guide to understanding their soul and discovering why it chose to incarnate at the moment it did. Tap into the cosmic nature of your soul, discover your purpose and commit to being here on Earth with author of *The Starseed Oracle*, Rebecca Campbell. *Letters to a Starseed* asks the biggest questions that mystics and philosophers through the ages have been asking: What is the soul, where did it originate and why have we chosen to come here at this time? As a planet, we are waking up to the fact that the ancient prophecies and warnings from the elders and wise ones are no longer predictions, but our waking reality. They are not just coming or even near... we are living them right now. What we do now matters to the future of this planet. And we all have a role to play. Do you remember why you have come? We are living in a time between myths and stories, and are currently re-weaving the fabric of life on Earth. Throughout this book, Rebecca shares insights and experiences illuminating the connection between our souls, the Earth and the cosmos, to encourage you to commit fully to your incarnation, embrace your human experience and plant yourself here. Part guide, part activation and part encouragement, *Letters to a Starseed* is a deeply soulful and mystical book that will help you to uncover your cosmic origins, be more present to your life and remember why you chose to be here now at this pivotal stage of human history.

With warmth and compassion, Sandra Ingerman describes the dramatic results of combining soul retrieval with contemporary psychological concepts in this visionary work that revives the ancient shamanic tradition of soul retrieval for healing emotional and physical illness. This revised and updated edition includes a new afterword by the author.

Using simple divination as a starting point, Hess presents a step-by-step process to guide readers towards an intimate

relationship with the still, small voice of their intuition.

This easy-to-use, step-by-step guide will help readers gain a profound understanding of how to work with Tori Hartman's bestselling Chakra Wisdom Oracle Cards. This book is aimed at all those who want to work with the hugely successful Chakra Wisdom Oracle Cards—whether they are seeking to read for themselves at a more profound level, to learn to read for friends and family, or even to start professional readings for clients. It offers a useful starting point for those new to the cards, as well as enhanced information not featured elsewhere for those already proficient in using them. This highly practical book offers step-by-step instructions on how to prepare for and conduct a reading session, whether you are working on your own or with others. It includes multiple exercises and covers every aspect of oracle card reading, such as:

- The difference between an oracle and the tarot
- How to bypass your conscious mind and trust your intuition
- How to contact and work with the Great Spirits through the cards
- How to engage the “neutral observer”
- How to interpret the 49 Chakra Wisdom Oracle Cards through the Seven Aspects
- Developing your own personalized spreads
- The ethics of reading for others and how to do so safely

This is a must-read for anyone interested in using oracle cards and taking their skills to the next level.

Inspirational and deeply illuminating, *The Soul Frequency* takes you into the unseen world of energy and emotion, which is the birthplace of every physical manifestation in your body and life. Step by insightful step, personal coach Shanna Lee will show you how to align your energy to manifest any darn thing your little heart desires.

Journey to Your Self – How to Heal from Trauma begins with the author's own experience of child molestation, sexual assault, bullying and rape, the moment she hit rock bottom and from there on out successfully healed her trauma and transformed her life. Sandra Cooze then continues by taking you on a journey through the mysteries of trauma, and the effects it can have on your body, mind, and spirit. She points out key factors in trauma and trigger release, the importance of self-reflection and the self-healing abilities of your body. While unraveling the concept of trauma she lists helpful tools, leaves room for notes, and encourages you to work through the unique exercises she lists to support you on your healing journey. In *'Journey to Your Self – How to Heal from Trauma'*, Sandra Cooze proves that releasing intense trauma is possible, by sharing her clients' amazing stories of healing and transformation. Sandra Cooze believes that trauma is not a life sentence but can be a beautiful journey of transformation. And with *'Journey to Your Self – How to Heal from Trauma'*, she provides the roadmap.

Dr. Michael Newton is world-famous for his spiritual regression techniques that take hypnotic subjects back to their time in the spirit world. His two best-selling books of client case studies, *Journey of Souls* and *Destiny of Souls*, have left thousands of readers eager to discover their own afterlife adventures, their soul companions and guides, and their

purpose in this lifetime. Now, for the first time in print, Dr. Newton reveals his step-by-step methods. His experiential approach to the spiritual realms sheds light on the age-old questions of who we are, where we came from, and why we are here. This groundbreaking guidebook, designed for both hypnosis professionals and the general public, completes the afterlife trilogy by Dr. Newton.

If you're reading this, you may be a highly sensitive empath, who is able to pick up - and even absorb - other peoples' energies. However, many empathic people are 'overwhelmed empaths' (meaning that their high empathy has gone into a state of overdrive.) Here are some signs you are an overwhelmed empath: You feel other peoples' emotions vividly and profoundly, and have trouble shaking off the energies afterwards, even after the other person has moved on. You often have a hard time working out whether you're feeling your own energies and emotions, or someone else's. You have become a hermit and withdrawn socially in order to avoid other people's energies. You cannot visit crowded places such as shopping centres, stadiums, train stations, or nightclubs because the energies are so overwhelming. You feel physical aches and pains, or manifest physical signs of nervousness or sickness, around certain people. When it comes to movies, TV and books, you do not like watching or reading anything that features sad or difficult experiences for the characters. You often find yourself playing the role of counsellor and caretaker in your relationships and friendships, but you find it a draining role to take on. You often wish that other people would follow your advice and get their lives back on track. Your relationships are a source of obligation and stress, either because you self-sacrifice, have a hard time saying 'no' to people, or take it upon yourself to help others with their problems. You feel like your empath gifts are a curse, and you wish you could be less sensitive. If you resonated with the above statements, the usual advice for empaths that you will find in many books and online articles (such as boundaries, lifestyle adjustments, and shielding visualisations) are NOT effective for you as an overwhelmed empath. They avoid the root causes of the problem - a bit like putting a sticking plaster on an infected wound. Anna is a professional intuitive with a decade of experience working with empathic clients. And in this book, she gives NEW insights to explain the following: The reasons you became an empath in the first place (hint: it usually happens in childhood) and how this is the key to bringing your empath gifts back into balance - and staying there. Why our amazing empath gifts are a key part of our soul's purpose - and how we can integrate them into our lives in a healthy way. What is the 'emotional projection' trap and how it affects you as an empath. The fascinating link between overwhelming empathy and your past lives. Effective & fast techniques for cleansing your auric field of 5 different types of energy debris that most empaths pick up on a regular basis. Powerful methods for healers, intuitives, counsellors and bodyworkers to keep their aura and work spaces clear of client energies. A quiz to find out which empath gifts you have (out of 8 different types). Overwhelmed empaths: this book will show you how to come back into balance with your amazing empath gifts and integrate them into your life, so that you can be more centered, happy and healthy. AND if you wish, share them with a world where they are sorely needed!

Sweet Potato Pie for the Spirit, Soul & Psyche --A Tribute to Oprah Winfrey & Super Soul Sundays --A Thick, Rich Slice of Wisdom & Empowerment --A Book of Inspirational Quotes & Positive Affirmations Sweet Potato Pie for the Spirit, Soul & Psyche is

a book of wisdom, abundance, empowerment, prosperity and success. Its purpose is to help individuals move forward in life in positive ways through increased self-improvement, self-development, self-motivation, self-reflection, self-actualization, self-determination, self-transformation and self-enhancement. And, it introduces and draws upon alternative mental health and wellness techniques like Hypnosis, Hypnotherapy, Mindfulness, Mind-setting, NLP (Neuro Linguistic Programming), Time Line Therapy (R), Mental Massages, Parts Integration, Values Realignment, Regression Analysis, Defense Mechanism Analysis, All Day Breakthroughs, Freudian Psychoanalysis and Ericksonian Therapies. It illustrates the concept that pills alone will not solve most mental, emotional and/or psychological problems. The idea for this book came from watching Super Soul Sundays (R) on the Oprah Winfrey Network (OWN) (R). Watching the show has been such an inspiration for me. It's been a teacher. Oprah's "Thought for Today" newsletter (R) has also been a great inspiration. As an MD with two Abundance, Empowerment, Mind-setting and Prosperity Practices, MLC Of Greater Atlanta [MLCOGA], and Atlanta Coaching and Hypnotherapy Associates [ACHA], I help my clients to realize that there are motivations, inspirations and moments of insight that are readily available to them. In practice, I found myself continually sending my clients to other sources to find concepts, affirmations, quotes and statements that would help empower them and fuel their meditations on a daily basis. So, I decided to create one for them so that I wouldn't have to necessarily send them elsewhere. At my core, I believe that we should find and share positive energy. This book represents my opportunity to share the positive energy and encouragement that I've received from my parents, Reverend Harlis R. Wright & Dr. Bettye D. Wright, my mentor, Dr. Todd M. Antin (The CEO and Chief Medical Director of PACT Atlanta, the largest psychiatric practice in Atlanta), Dr. Oprah Winfrey, my teachers & professors, my friends and strong acquaintances, life circumstances and other sources. Chapter one covers how to confront anxiety, chapter two covers the biochemistry and physiology of sleep and natural approaches to solving sleep disorders and dilemmas, chapter three covers the power of words, phrases, mantras, speech and affirmations, chapter four covers hypnosis, hypnotherapy and how they work, chapter five covers happiness, what it means, and how to create it, chapter six covers how to sow seeds of abundance, empowerment, prosperity and success in life (and it relates them to the movie "The Matrix" (R)) in order to create a resilient mindset and a strong degree of mindfulness, and finally, chapter number seven provides you with one third of a year of motivational quotes, inspirational phrases and positive affirmations. One night, through Facebook, Amy's husband, Chuck, learned that the brother of a high school friend had polycystic kidney disease and would soon die without a kidney transplant. Married to his high school sweetheart, this man had two beautiful daughters, and with an organ transplant, he could still have a full life ahead of him. After hearing his story, Amy Gray-Cunningham prayed that someone would step up and offer him a kidney. Then the impossible happened! She heard God's Voice tell her that she would be the someone to save this complete stranger's life by donating her kidney. And, she dared to believe! Guided by faith, Amy, Chuck, and other members of her family navigated their fear and trepidation to proceed with the donation. Amy's faith and trust in God saw her through the surgery to not only save a man's life but also to find a renewed purpose in her own life and all of its infinite possibilities. What might you be called to do if you dared to believe?

The more we trust the mystery, the closer we align with our true nature. Trust the Mystery couples engaging storytelling with provocative quotes and questions to inspire Shoroplova's readers into observing and reflecting on their own life with greater awareness. The process starts to reveal our purpose. How we respond from our own inner divine wisdom interprets our experiences of living in this world; this affects our consciousness and our awareness of where we are on our path. As we read her stories, our growing awareness becomes a garment we wear more easily, shifting our behaviour toward participating positively with family, friends, colleagues, coworkers, and even opponents. We move into intentional living, polishing our thoughts, words, and actions until they shine with the light of inner wisdom.

"I truly was not living before I embarked on this path. I wish everyone could experience the miracles and magic I've seen enter my life. Thank you, Tina, for making it possible." –Jean B., Student Advanced Medical Intuition is power packed with information. This book is the next step to take after reading Tina Zion's book, *Become a Medical Intuitive: The Complete Developmental Course*. This teaching manual offers these educational features for your success: • 1. Descriptions of the 6 causes of illness and the specific healing techniques for each category. • 2. Case studies transcribed from Tina's recorded medical intuitive sessions. • 3. Case studies presented in narrative story-like form. • 4. Comments within the transcriptions explain each segment. • 5. Healing techniques are demonstrated in transcripts, narratives, and in numbered steps throughout the book. • 6. Step-by-step explanations describing purpose and healing goals. • 7. Key concepts are highlighted throughout. • 8. Different approaches to engage and empower your clients as the session progresses. • 9. A complete summary of the healing techniques for a quick guide to learn from. This advanced manual assists newly aware individuals as well as the professional already in private practice. It will enable you to use those refined intuitive skills to uncover the six causes of illness and the unique healing methods for each cause. Finding the true cause of illness leads to healings that are far beyond the superficial level. As one of Tina's former students, I can say that it is her personality that makes learning so much easier. This woman knows what she's talking about and practices what she teaches." –Nita S.

Soul Plan is a new interpretation of an ancient system of life purpose analysis. It introduces a totally unique and fascinating method of numerology based on sound and intention and allows the reader access to a free online Soul Plan checking website. Available for the first time to a wider audience, this truly empowering method accesses the sound vibration in your birth name to determine your entire 'Soul Plan' and life path. Using an easy-to-follow method you will: • uncover your greatest strengths (career, creative, financial and spiritual talents) and align with your higher Soul Purpose • understand the past and reveal your best future potential • see clearly your greatest challenges and how these can be overcome • receive an energetic activation and practical tools to heal and align your purpose • align with your higher Soul Purpose • enjoy working out your own Soul Plan and the Plans of others (or use a FREE online programme to instantly chart them).

On ending up in a too familiar situation after years of emotional and physical pain, I began searching for answers as to why all these difficulties kept happening. It was at this life threatening time that I was first approached by the energy vibration of the four

archangels. Due to the fact I had always seen spirits as physical people, I didn't believe the angels instructions, but after another very special visitation where they showed themselves to me — which is no easy feat for them,— I agreed to write their words; and that's how this book manifested. As I wrote, my life began to make sense, which now enables me to live with more awareness of what part I have to play in my soul's journey opening my eyes to wonderful new possibilities. When angels speak, do you listen? I did, and now you too can experience the higher healing knowledge of how your soul's journey affects your human existence, and how you can work with your soul to ease life's impact. So give yourself permission to engage with the timeless angelic knowledge that will enable you to encounter a freedom never felt or known before.

The Tao of Yahtzee shows you how to practice making the Law of Attraction work for you by playing a simple dice game. The Tao of Yahtzee was created as a result of wisdom and insights gleaned from many years of playing the game of Yahtzee and the game of life. Playing this simple, yet powerful dice game provides tools to increase your income, become more confident and effective in business dealings, working with your clients or family and feel capable in any situation. In other words, empower yourself in every way. The game is all about choices and is a perfect indicator of where your energy and attention reside. The game of Yahtzee becomes a quick feedback system of your attitudes and underlying beliefs. Change your approach and get different results. Because playing the game is fun, easy and safe, it has become a key component of my spiritual quest. As a result, I have more wealth and abundance, my income and net worth have increased and I have created a magical life that I love to live. I'm delighted to be alive! I'd love to share The Tao of Yahtzee wisdom with you and show you how to play Yahtzee to inspire and empower yourself in your life.

Using Spirituality in Psychotherapy: The Heart Led Approach to Clinical Practice offers a means for therapists to integrate a spiritual perspective into their clinical practice. The book provides a valuable alternative to traditional forms of psychotherapy by placing an emphasis on purpose and meaning. Introducing a new spiritually-informed model, Heart Led Psychotherapy (HLP), the book uses a BioPsychoSocialSpiritual approach to treat psychological distress. When clients experience challenges, trauma or attachment difficulties, this can create blocks and restrictions which result in repeated patterns of behaviours and subsequent psychological distress. Based on the premise that everyone is on an individual life journey, HLP teaches clients to become an observer, identifying the life lesson that they are being asked to understand or experience. The model can be used whether a client has spiritual beliefs or not, enabling them to make new choices that are in keeping with their authentic selves, and to live a more fulfilled and peaceful life. Illustrated by case studies to highlight key points, and including a range of practical resource exercises and strategies, this engaging book will have wide appeal to therapists and clinicians from a variety of backgrounds.

All Yakov wanted was to save Jesus's legacy. All Paul wanted was to create a dynamic religion with himself as the master priest. Haunted by the brutal execution of Jesus, his brother Yakov dwells in constant fear of persecution in lakeside Galilee where the Romans rule with bloodstained hands. When the other disciples elect him as their new leader, he decides to form a secret society in the shadows of the Jerusalem Temple. One day, an affluent tentmaker from Tarsus named Paul approaches Yakov with a wild tale of Jesus having risen from

the dead as the long-awaited Messiah. But to the disciples, their beloved Jesus was just a humble teacher, not a god. And they saw him die, they even entombed his body. Saul scoffs at their objections and insists that only his version of Jesus as the Savior is true, and a bitter battle of faith ensues. Now the disciples must fight to keep Jesus's message of oneness with God alive. Can they succeed in a world where the rich and powerful always prevail? Spanning three decades, against a backdrop of increasingly violent Roman rule, *THE HOLY CONSPIRACY* is a tour de force of love and faith, arrogance and humility from one of our most inspirational new authors.

Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness—Transform Pain, Stress, Trauma, and Aging offers a guide to Somatic Learning, an innovative body-oriented approach that incorporates mindfulness, visualization, breathing exercises, postures, and stretches. Developed by author, psychotherapist, and award-winning songwriter and poet Risa Kaparo, PhD, Somatic Learning is based on leading-edge research demonstrating the power of the mind to activate physiological, mental, and emotional healing. Kaparo has successfully used her approach with patients suffering from chronic pain, high blood pressure, and mood disorders including depression and anxiety. Recounting her own struggle with chronic pain, Kaparo begins with a moving description of her journey from crippling pain to renewed health and aliveness. Kaparo introduces the concepts and characteristics of Somatic Learning, a method that grew out of her personal healing experience. Incorporating the latest brain research in mindfulness and neuroplasticity, the book presents breathing exercises; postures and stretches for morning and bedtime; instructions for integrating mindfulness practice into one's daily life; and ways of deepening the practice through touch and caring interaction with others. Enhanced with over 100 detailed instructional photos and illustrations, the book includes inspiring case stories and the author's own expressive poetry that illuminate the healing power of this practice.

What if Jesus was just an ordinary boy searching for enlightenment? In 8 AD, at the Temple of Jerusalem, the charismatic young Yeshua thrills his audience when God seems to communicate through him. While his listeners gush, not everyone is impressed. The priests scoff and say that no carpenter, however wise, can ever enter their holy ranks. Humiliated and robbed of his only dream, Yeshua resigns to a drab life as a laborer and even agrees to marry the wealthy maiden his father has chosen for him. One day, a Buddhist pilgrim tells Yeshua about a magical country called Sindh in the Far East, where anyone can become a monk, and an irresistible portal of hope opens. Torn between duty and following his bliss, Yeshua must now choose between honoring his parents or selfishly chasing his dream and bringing everlasting shame upon his family. Beautifully written, inspiring, and reminiscent of *The Prophet*, *Siddhartha*, and *The Last Temptation of Christ*. If you love thought-provoking fiction and are curious about the similarities between Christianity, Buddhism, and Hinduism, you will love this spiritually uplifting novel.

To know your soul is to know true health. Only then can you reach radiant living. *Soul Health: Aligning with Spirit for Radiant Living* describes how the soul is at the hub of all aspects of our health and well-being and provides the roadmap to reaching optimal health—soul health. Our soul's most natural state is that of unimpeded growth. Therefore, our soul's evolution depends entirely on our willingness and ability to balance our lives in such a way that we create an unobstructed environment for its growth. In the Soul Health Model, the soul is depicted as the life force within an ever-evolving tree. Much like the growth of an actual tree, our soul's evolution depends on the health of the elements available to it and only thrives when the essentials of our existence are balanced and fulfilled. The model illustrates the ten primary elements of the human condition which must be balanced in order to reach radiant health. *Soul Health* provides the framework for achieving balance and fulfillment in our everyday lives as well as provides the tools for our soul's evolution.

This is the extraordinary story of how Jeff Levin was shown a 'new generation' of vibrational medicine that can offer us all swift and lasting

Download Free Soul Realignment Practitioners

healing even from serious conditions.

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