

Unlocking The Mysteries Of Birth And Death A Buddhist

Paris 1874, Boulevard des Capucines: a group of artists that were to radically change the rules of the art world, Claude Monet, Alfred Sisley, Pierre-Auguste Renoir, Camille Pissarro, Paul Cezanne, Edgar Degas and Frdric Bazille, mounted an exhibition in the studio of photographer Flix Nadar. The exhibition proved to be a veritable scandal that filled critics with indignation, and they contemptuously labeled the paintings eoeimpressioniste because they had been badly constructed and were ambiguous. In fact, the technique they had adopted was utterly original because it entailed painting outdoorse"en plein aire"using newly available apparatus and tools such as a portable easel, ready-to-use paints in airtight tubes that came in a whole range of bright colors, and paintbrushes with broad, flat bristles held in place by a metal ring. The answers you need to help your child survive an eating disorder You've noticed a change in your child's eating habits and want to help, but you don't know what to say. Perhaps you're not sure if your child has an eating disorder or is at risk of developing one, and you don't know what to do. Written by experts in the field, Unlocking the Mysteries of Eating Disorders will guide you through this difficult situation and empower you and your family to make the right decisions. Throughout the book, stories of parents and children will help you understand the process and give you hope as you travel the road to health with your son or daughter. Learn how to: Spot the warning signs of an eating disorder Find the treatment options that are right for your child Support your son or daughter through recovery and prevent relapses Network access control (NAC) is how you manage network security when your employees, partners, and guests need to access your network using laptops and mobile devices. Network Access Control For Dummies is where you learn how NAC works, how to implement a program, and how to take real-world challenges in stride. You'll learn how to deploy and maintain NAC in your environment, identify and apply NAC standards, and extend NAC for greater network security. Along the way you'll become familiar with what NAC is (and what it isn't) as well as the key business drivers for deploying NAC. Learn the steps of assessing, evaluating, remediating, enforcing, and monitoring your program Understand the essential functions of Authentication, Authorization, and Accounting Decide on the best NAC approach for your organization and which NAC policies are appropriate Discover how to set policies that are enforceable and reasonable enough to be followed, yet still effective Become familiar with the architectures and standards essential to NAC Involve and motivate everyone in the organization whose support is critical to a successful implementation Network Access Control For Dummies shows you the steps for planning your implementation, who should be involved, where enforcement should occur, and much more. When you flip the switch, you'll know what to expect.

The Lotus Sutra has been regarded for centuries as one of the most important teachings in Mahayana Buddhism. This book goes beyond theory to show how to bring these teachings into practice in daily life. Containing profound truths for all people from every culture, it reveals the secret for attaining happiness for both oneself and others through the process of self-reformation. Based on the teachings of Nichiren, a 13th-century Buddhist teacher and reformer, the scriptures of the Lotus Sutra show how every person can attain Buddhahood. With brief, easily absorbed wisdom from the precepts of Nichiren, a 13th-century Buddhist priest, this collection of day-to-day musings can be enjoyed by casual readers and devoted followers alike. Covering a wide span of topics—from life and death to courage and winning—the practical information and encouragement are ideal for those seeking to find a deeper understanding of this ancient philosophy. How do we remain optimistic when the world seems to be falling apart around us? In these intimate essays, the author leads the reader on an inspirational journey to find answers and hope in troubled times. The book includes incisive commentaries on terrorism, good and evil, and aging and death that provide a new perspective on approaching the world with hope. The lyrical reflections on poetry and friendship highlight how such spiritual pursuits are the wellsprings of hope in dark times. Each essay suggests ways in which anyone can connect their personal search for strength, wisdom, and hope to the collective desire to bring about a just, humane, and caring society.

This new selection of writings on education—many previously published under the title Soka Education—comes from some five decades of works by Buddhist philosopher and founder of the Soka schools system, Daisaku Ikeda. From educational proposals and university lectures to personal essays, the writings not only delve into the meaning of soka (value-creating) education but offer a hopeful vision of the power of education to bring happiness to the individual and peace to the world.

Buddhist philosopher, peace activist and octogenarian Daisaku Ikeda has spent a lifetime studying and teaching about life's universal sufferings of birth, aging, sickness and death. His life exemplifies the health and happiness possible from a compassionate practice of Nichiren Buddhism. In *The Third Stage of Life*, a dialogue with two Japanese journalists, he shares his insights on how to make one's golden years a "third youth." What's the secret to living long? What are the keys to a healthy life? Is aging a period of decline or an opportunity to bring one's life to a satisfying conclusion? What example can we set for in others in our third stage of life? Drawing on the lives of many individuals down through the ages, Mr. Ikeda discusses these and many other questions that affect us as we grow older. From the practical to the spiritual to the personal—as when his wife of sixty years joins the discussion in later chapters—*The Third Stage of Life* will inspire you to keep challenging and lead a life that shines.

A Top 10 Science Book of Fall 2015 - Publishers Weekly A star science journalist with Parkinson's reveals the inner workings of this perplexing disease Seven million people worldwide suffer from Parkinson's, and doctors, researchers, and patients continue to hunt for a cure. In *Brain Storms*, the award-winning journalist Jon Palfreman tells their story, a story that became his own when he was diagnosed with the debilitating illness. Palfreman chronicles how scientists have worked to crack the mystery of what was once called the shaking palsy, from the earliest clinical descriptions of tremors, gait freezing, and micrographia to the cutting edge of neuroscience, and charts the victories and setbacks of a massive international effort to best the disease. He takes us back to the late 1950s and the discovery of L-dopa. He delves into a number of other therapeutic approaches to this perplexing condition, from partial lobotomies and deep brain stimulation to neural grafting. And he shares inspiring stories of brave individuals living with Parkinson's, from a former professional ballet dancer who tricks her body to move freely again to a patient who cannot walk but astounds doctors when he is able to ride a bicycle with no trouble at all. With the baby boom generation beginning to retire and the population steadily aging, the race is on to discover a means to stop or reverse neurodegenerative conditions like Parkinson's and Alzheimer's. *Brain Storms* is the long-overdue, riveting, and deeply personal story of that race, and a passionate, insightful, and urgent look into the lives of those affected.

"Archaeologist Genevieve von Petzinger looks past the horses, bison, ibex, and faceless humans in the ancient paintings and instead focuses on the abstract geometric images that accompany them. She offers her research on the terse symbols that appear more often than any other kinds of figures--signs that have never really been studied or explained until now"--

Utilizing sophisticated methodology and three decades of research by the world's leading expert on happiness, *Happiness* challenges the present thinking of the causes and consequences of happiness and redefines our modern notions of happiness. shares the results of three decades of research on our notions of happiness covers the most important advances in our understanding of happiness offers readers unparalleled access to the world's leading experts on happiness provides "real world" examples that will resonate with general readers as well as scholars Winner of the 2008 PSP Prose Award for Excellence in Psychology, Professional and Scholarly Publishing Division of the Association of American Publishers

This book is about seeing systems. It is about overcoming system blindness. It is about seeing our part in the context of the whole in ways that enable us to avoid misunderstandings and to interact more productively across organizational lines (Act One). It is about seeing the present in the context of the past, such that we can get a more accurate picture of our current condition (Act One). It is about seeing ourselves in relationship with others and creating satisfying and productive partnerships in these relationships (Act Two) is about seeing our systems' processes in ways that enable us to create systems with extraordinary capacities for surviving and developing (Act Three). It is about seeing the uncertainties in our system conditions in ways that enable us to move past the destructive battles of righteous position versus righteous position (Act IV).

We are obsessed with time. However hard we might try, it is almost impossible to spend even one day without the marker of a clock. But how much do we understand about time, and is it possible to retrain our brains and improve our relationship with it? Drawing on the latest research from the fields of psychology, neuroscience, and biology, and using original research on the way memory shapes our understanding of time, acclaimed writer and broadcaster Claudia Hammond delves into the mysteries of time perception. Along the way, she introduces us to an extraordinary array of colourful characters willing to go to great lengths in the interests of research, such as the French speleologist Michel, who spends two months in an ice cave in complete darkness. *Time Warped* shows us how to manage our time more efficiently, speed time up and slow it down at will, plan for the future with more accuracy, and, ultimately, use the warping of time to our own advantage.

In the long history of the study of anatomy, neuroscience is a relatively new field, and there are plenty of mysteries yet to be uncovered. *The Secret Life of the Brain* explores the fascinating advances that have been made in the field so far, from the intricacies of memory and intelligence, to the enigmatic workings behind our sense of humour and our dreams. Full of illuminating illustrations and diagrams, this book lifts the lid on how drugs affect the brain; the science behind addiction; how the brain deals with trauma and pain; and the effects on the brain of love, age, and sex. Finally, you'll get a tantalising insight into the cutting-edge theories that are attempting to get behind the elements of neuroscience which we still can't quite explain.

"The Book of Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me recommend that you start right here." —Ken Wilber, author of *A Brief History of Everything* We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. *The Book of Secrets*—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides an exquisite new tool for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," *The Book of Secrets* is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

A rock band on the cusp of massive stardom, *Unlocking the Truth* is made up of three thirteen-year-old African American boys: Malcolm, Jarad, and Alec. When not in school they spend their time as rock stars opening for the likes of Queens of the Stone Age, Motorhead, and Guns N' Roses, and crowd surfing at Coachella. They are currently working on their soon to be released debut EP. The key to their success: hard work, dedication, passion, and focus on their art. Part memoir and part guide book, the boys share the essential truths and principles, such as faith, determination and friendship, that led to their success and continue to drive them. The book will inspire and be a resource for kids looking to realize their own dreams, as well as parents who want to support their children's aspirations.

Unlocking the Mysteries of Birth & Death. . . And Everything in Between, A Buddhist View LifeMiddleway Press
Ideal for students and both beginning and practicing catalogers in public, school, and academic libraries, this updated workbook offers targeted, hands-on exercises that enhance understanding of description, classification, subject analysis, subject heading application, and MARC 21 subject analysis. • Provides more than 100 examples that together encompass virtually all types of materials libraries collect and catalog, with MARC "answer" records • Offers exercises that allow practice in AACR2r and RDA, description, subject classification, subject heading application, classification, subject analysis, and MARC 21 • Covers both RDA and AACR2r answer records for selected exercises • Includes non-English materials • Links to a website that provides for multiple approaches and answer records and enables you to view all the graphics in color and enlarge them as needed • Links instruction to an additional website that provides answer records for all exercises

NEW YORK TIMES BEST SELLER • From the world's leading forest ecologist who forever changed how people view trees and their connections to one another and to other living things in the forest—a moving, deeply personal journey of discovery Suzanne Simard is a pioneer on the frontier of plant communication and intelligence; she's been compared to Rachel Carson, hailed as a scientist who conveys complex, technical ideas in a way that is dazzling and profound. Her work has influenced filmmakers (the *Tree of Souls* of James Cameron's *Avatar*) and her TED talks have been viewed by more than 10 million people worldwide. Now, in her first book, Simard brings us into her world, the intimate world of the trees, in which she brilliantly illuminates the fascinating and vital truths—that trees are not simply the source of timber or pulp, but are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through underground networks by which trees communicate their vitality and vulnerabilities with communal lives not that different from our own. Simard writes—in inspiring, illuminating, and accessible ways—how trees, living side by side for hundreds of years, have evolved, how they perceive one another, learn and adapt their behaviors, recognize neighbors, and

remember the past; how they have agency about the future; elicit warnings and mount defenses, compete and cooperate with one another with sophistication, characteristics ascribed to human intelligence, traits that are the essence of civil societies--and at the center of it all, the Mother Trees: the mysterious, powerful forces that connect and sustain the others that surround them. Simard writes of her own life, born and raised into a logging world in the rainforests of British Columbia, of her days as a child spent cataloging the trees from the forest and how she came to love and respect them—embarking on a journey of discovery, and struggle. And as she writes of her scientific quest, she writes of her own journey--of love and loss, of observation and change, of risk and reward, making us understand how deeply human scientific inquiry exists beyond data and technology, that it is about understanding who we are and our place in the world, and, in writing of her own life, we come to see the true connectedness of the Mother Tree that nurtures the forest in the profound ways that families and human societies do, and how these inseparable bonds enable all our survival.

The crystal skulls are a mystery as profound as the Pyramids of Egypt, the Nazca Lines of Peru, or Stonehenge.

Have you wondered how the creation story in Genesis fits with the evolutionary theories of popular science? Unlocking the Mysteries of Genesis resolves the conflict between faith and science by answering key questions about the origin of human life, the evidence left by the fossil record, and how the findings of science line up with the Bible.

A history of the prion diseases, or subacute spongiform encephalopathies, features a historical perspective beginning with scrapie in 17th-century England to recent concerns in France about the spread of bovine spongiform.

A comprehensive and historical look at the practices and techniques of alternative and holistic medicine.

Unlocking the Mysteries of Creation is a top-selling book in the homeschool market. This book is marketed in both homeschool and adult markets. The book has wide appeal in all the following areas: Youth, Adult, Creation/Science, Biblical Studies, and General Interest.

From one of the world's leading neuroscientists: a succinct, illuminating, wholly engaging investigation of how biology, neuroscience, psychology, and artificial intelligence have given us the tools to unlock the mysteries of human consciousness. In recent decades, many philosophers and cognitive scientists have declared the problem of consciousness unsolvable, but Antonio Damasio is convinced that recent findings across multiple scientific disciplines have given us a way to understand consciousness and its significance for human life. In the forty-eight brief chapters of *Feeling & Knowing*, and in writing that remains faithful to our intuitive sense of what feeling and experiencing are about, Damasio helps us understand why being conscious is not the same as sensing, why nervous systems are essential for the development of feelings, and why feeling opens the way to consciousness writ large. He combines the latest discoveries in various sciences with philosophy and discusses his original research, which has transformed our understanding of the brain and human behavior. Here is an indispensable guide to understanding how we experience the world within and around us and find our place in the universe.

Many Christians talk about the Holy Spirit, but do they really know who He is? He is the Spirit of God and dwells inside of each of us. In this new book by Dr. Larry Ollison, he answers many questions regarding the Holy Spirit and His purpose in our lives. Dr. Ollison teaches of the "second experience" after salvation, which is being filled with the Holy Spirit. He also explores how you can be led by the Holy Spirit and the history of the Holy Spirit's purpose starting from the beginning. He teaches the reader how to really know the Holy Spirit as a person and experience the fruits and gifts that only the Holy Spirit can bring.

Arthur Ellis Award-winning author and the "queen of Canadian crime fiction" (Winnipeg Free Press) returns with a new installment in the Joanne Kilbourn series. On a Saturday bright with harbingers of spring, Joanne Kilbourn-Shreve, her husband, Zack, and their family prepare to celebrate the season. Joanne's life is full, and at 60, she has been given the chance to understand a part of her history that for years was shrouded in secrecy. *Living Skies* is producing *Sisters and Strangers*, a six-part TV series about the tangled relationships between the families of Douglas Ellard, the father who raised Joanne, and Desmond Love, her biological father. Joanne is working on the script with Roy Brodnitz, a brilliant writer and friend. The project's future seems assured, but before the script is completed, Brodnitz disappears while scouting locations in northern Saskatchewan. Hours later, he's found — sweat-drenched, clawing at the ground, and muttering gibberish. He dies in a state of mortal terror. Heartsick and perplexed, Joanne resolves to learn what happened in the last hours of Roy's life. What Joanne discovers threatens Brodnitz's legacy, and the decision about whether or not to reveal the truth is hers to make. *The Unlocking Season* is another deeply satisfying and thought-provoking novel from one of Canada's finest crime writers.

The Essential Guide to the Ancient Art of Numerology Do you truly understand your strengths and weaknesses? Are you living at your full potential? Could simply changing the spelling of your name alter your life? While most numerology books focus only on your birthday, *The Secret Language of Your Name* is the first comprehensive guide to incorporate an exploration of the letters of your name. With this extra step, you are given a unique, complete reading that reveals specific individual keys to success and happiness in all facets of life. Prepare to learn: • how to pinpoint your greatest strengths and weaknesses; • what makes friends, family, and coworkers tick; • how different spellings of your name can affect your future, even what happens when your name changes in marriage; • how to choose the best baby name—with numerical representations of nearly 5,000 names; • whom you are most compatible with in love and business; • how to choose an ideal career path; • and more! With each new challenge, you'll find yourself reaching again and again for this definitive guide.

Discover What the Prophecy of 2012 Means for Your Life According to the Mayan Elders, at the moment of birth every human being is given a destiny. Our life challenge is to develop ourselves and our skills in order to fulfill this destiny, thus fueling our individual contribution to the planet. At the heart of *The Book of Destiny* is the sacred Mayan calendar, an extraordinary tool that allows the reader to discover this destiny, along with one's special Mayan symbol, origin, as well as the protection spirits that

accompany them through life. Poetically narrated, the book describes how the calendar contains the scientific legacy of the Mayan people, preserved and transmitted over the centuries through oral tradition and written texts. Written at the request of the Mayan Elders, by member of the Guatemalan Elders Council and Mayan Priest Carlos Barrios, The Book of Destiny is a tool to help people understand their life purpose and to use this profound knowledge to make the best of their time on earth.

- Explains how Mary was born into a lineage of powerful women who cultivated and passed on the ability to consciously conceive elevated beings
- Includes a complete translation of the Infancy Gospel of James and reveals the hidden codes it contains relating to the practice of miraculous conception
- Shows how Mary was trained and initiated in the “womb mysteries” and reveals the esoteric techniques she used to conceive Jesus

Delving into one of the Virgin Mary’s forgotten gospels, the Infancy Gospel of James, Marguerite Mary Rigoglioso, Ph.D., reveals a truth that has been suppressed for nearly two millennia: that Mother Mary was not a passive bystander to her own pregnancy but an advanced member of a sacred order of women trained in divine conception. Unlocking the hidden codes of Mary’s gospel and other ancient source texts, the author reveals how Mary conceived Jesus through a careful process that she willed and initiated. She explains how Mary was born into a family of powerful priestesses, women who possessed, cultivated, and passed on the ability to consciously conceive elevated beings to help the planet. This lineage included Mary’s own mother, Anne, who conceived Mary with this method, her relative Elizabeth (mother of John the Baptist), and the biblical matriarch Sarah, the wife of Abraham and mother of Isaac. These women were schooled in the shamanic “womb mysteries,” secret knowledge of the capacity of the womb. Decoding the Infancy Gospel of James, the author shows how Mary was trained and initiated, reveals the esoteric techniques she used to conceive Jesus, and explores the birth itself and the mind-altering reality that accompanied it. By revealing the Virgin Mary as a trained holy woman and a conscious actor in the conception of Jesus, the author corrects the impression we have been given of a passive and bewildered girl who had no idea how or why she was pregnant. She also restores Mary as the empowered feminine orchestrator of these significant events, paralleling the redemption of Mary Magdalene in recent years. Explaining how and why virgin birth was accomplished, this book allows us to make sense of miraculous conception and reveals the power that lies in all women’s wombs.

New York Times Best Seller! 1500 5-Star Reviews! From the author that brought you NEW YORK TIMES best selling books The Harbinger, The Mystery of the Shemitah, and The Paradigm selling over 3 MILLION copies Imagine if you discovered a treasure chest in which were hidden ancient mysteries, revelations from heaven, secrets of the ages, the answers to man’s most enduring, age-old questions, and the hidden keys that can transform your life to joy, success, and blessing... This is The Book of Mysteries. Nichiren Daishonin Buddhism encourages the belief that, through its faith and practices, spiritual and material blessings and benefits can be available to everyone in this life. Needs can be met, and success achieved, not merely for oneself but for others (and the world) through dedication to the Lotus Sutra, a central teaching of Buddhism. It combines these personal objectives with the commitment to world peace, ecology and the easing of suffering, especially, AIDS. Attracting such well known followers as Jeff Banks, Sandie Shaw, Tina Turner and Roberto Baggio, Nichiren Daishonin Buddhism is rooted in a Buddhist tradition going back to the teachings of Nichiren in the 13th century, and is part of an international movement based in Japan.

Discover the secret to living a powerful and abundant life through the upside-down kingdom of God. In our constant search for a life filled with blessing and abundance, we often follow our human instinct, and then wonder why we come up short. God always has a better idea. And it most often requires us to move in the opposite direction. In The Opposite Life, pastor and author Alex Seeley explains the secret to living a powerful and abundant life through the upside-down kingdom of God. Each chapter unpacks the opposite-life principles that begin with our way of thinking and yield miraculous results. They include death vs. life fear vs. faith last vs. first love vs. hate worry vs. worship give vs. receive impossible vs. possible We all want the blessed life but sometimes go about it in the wrong way. God’s promises are conditional. He says follow Me, and I will change your weakness into strength, your foolishness into wisdom, and your nothing into everything.

This introduction to Nichiren Buddhism explores the philosophical intricacies of life and reveals the wonder inherent in the phases of birth, aging, and death. Core concepts of Nichiren Buddhism, such as the 10 worlds and the nine consciousnesses, illustrate the profundity of human existence. This book provides Buddhists with the tools they need to fully appreciate the connectedness of all beings and to revolutionize their spiritual lives based on this insight. Also explored are how suffering can be transformed to contribute to personal fulfillment and the well-being of others and how modern scientific research accords with ancient Buddhist views. Ultimately, this is both a work of popular philosophy and a book of compelling, compassionate inspiration for Buddhists and non-Buddhists alike that fosters a greater understanding of Nichiren Buddhism. This replaces 0751513741.

“We have relied on science to tell us what happened in ancient sites around the world, it is time for research that is connected to Source.” —Sonja Grace "Spirit Traveler: Unlocking Ancient Mysteries and Secrets of Eight of the World’s Great Historic Sites" takes a unique approach to analyzing why famous historic sites, including the Great Pyramids, Stonehenge, and Tiwanaku, were constructed. Scientists and archaeologists have written thousands of books about these sites. While this information is crucial to our knowledge today, much of the mystery about these places remains unsolved and questions surrounding their purpose have lingered throughout the centuries. "Spirit Traveler", the companion book to the documentary film with the same title, offers a completely different perspective on why these sites were erected and what purpose they served. Only Sonja Grace, the internationally known mystic healer, is able to reveal the secrets of these ancient buildings in this new and fascinating way. Sonja is a Spirit Traveler deeply devoted to the protection of our beautiful Earth. She has spent a lifetime working in the ethers with angels and guides. She sheds light on what the people and cultures of the past were doing at these sites and why, offering a brand new understanding of the events that took place there centuries ago. Sonja Grace brings her unique understanding of the truth to history. In Spirit Traveler, Sonja travels back through the realms to reveal history as it happened. She answers the questions that have puzzled historians and archaeologists for hundreds of years: What was the purpose of Stonehenge? How were the Great Pyramids built, and why is their particular geometry so significant? Why was Skellig Rock so important to the monks? Have our beliefs about these great sites been wrong all along? Is their importance something other than what we have always thought? Sonja Grace’s discoveries shine a whole new light on our historical understanding of these places and on their relationships to the Earth. Sonja Grace aims to bring a new spiritual truth to these questions and fulfill her purpose in the awakening of humanity. Spirit Traveler is a purposefully structured book. Sonja discusses eight specific historical sites: Skellig Michael (Ireland) Tiwanaku - The Gate of the Sun (Bolivia) Stonehenge (England) Hagar Qim (Malta) St. Winifride’s Well (Wales) Chichen Itza and Temple of Kukulcan (Mexico) The Great Khafre Pyramids (Egypt) the Rock of Cashel (Ireland). Each chapter tackles the scientific and historical information available about each site up to this point in time. Sonja addresses the questions that

continue to puzzle archaeologists and historians. The second half of each chapter is devoted to Sonja's Spirit Traveler' experience, what she learned, and the answers to some of those longstanding questions. Few people possess the gifts of Sonja Grace. Her heritage (part Native American, part Norwegian) provides her with the extraordinary ability to transport anywhere. She sees, hears, smells and feels the places she visits. In Spirit Traveler, Sonja shares every single detail of her riveting travels through space and time. Her work is marked by her distinct understanding of the dimensions and realms along with the convergence of Divine and Earth energies, which allows her to travel through the ethers and gather historic information.

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