

wounds and emotional attachments, and who are ready to open their hearts to Love. Love is a far greater concept in this teaching than is defined in the worldly sense. It is not in any way an emotional love. It is the ultimate Source. It is Wisdom. The Higher Self can help you in your daily life, whether it's in your work or in your relationships. Working with the Higher Self keeps you focused, calm during times of adversity, and open to change. It frees you from emotions that can keep you from moving forward. If you work consciously with the Higher Self, It can aid you in making decisions. For example, if you need to resolve mundane problems, the Higher Self can help you. If you are having difficulty with someone, the Higher Self will advise you how to approach the person. If you need creative inspiration in your work, the Higher Self is the direct source. Working with the Higher Self is always a wonderful experience. The more you work with it the more you will experience joy in your life.

Do you want to lead a fuller life? To achieve and succeed by better understanding yourself? In his book, *Spiritual Rags to Spiritual Riches: Reaching Your Higher Self*, author Vennie L. Watts invites you to invest in yourself. Watts uses his poetry to reveal to you how to transform and develop personally and spiritually. Poems like 'Negaposition' and 'Megaposition' contrast feeling lost and discovering self-transformation, urging you make a difference and 'lead the generations to come.' Other poems like 'Centers' and 'Into the Essence of Riches' will remind you to keep your life Christ-centered and to develop yourself spiritually. Included after each thought-provoking poem is a page for journaling to allow you to reflect on what you've read and further apply Watts's words to your life. Allow Watts to encourage you to journey inside yourself and find your true potential.

After years of searching for God in the outer world, Karen's outward search drove her inward, where she not only found the peace she was looking for, but the true happiness inherent in her being. Her intuitive writing now enables us all to share in that inner journey and experience the divinity within. One simply has to open "The Light Within" and look inside, to experience and enjoy the radiance of its light. The key lessons it offers are that the light and love of God are within us, and that we need do nothing more than to fully open to this truth to manifest our divine nature as the Higher Self. "The Light Within" was 'received' when the author entered into the unitive state through meditation where time does not exist and everything is perceived as one. Its poetic, open and flowing style of writing sets a tone conducive to meditation and contemplation as one reads. As a result, the reader is also invited to enter into that same non-dualistic state of oneness, transcending physical consciousness, and becoming identified with the Higher Self. This multifaceted book can be used by readers as a guide to higher consciousness, as a workbook for the lessons of spiritual growth, as a means of focusing on the divine light within us, as a tool for meditation, as a book of affirmations for remembering one's true essence, and as a source of prayer and communion with God.

There is a reason you discovered this book. Something has been stirring deep down... Everything you need to know to simply fix yourself, all in one place. *Be Your Higher Self* provides a simple and frank 'how to' guide to self-help, spirituality and the esoteric, that anybody could pick up and read. With such an incredible choice of self-help books on so many subjects, it's hard to know where to begin and that is why this book is different. For the first time, everything you need to know is in one place. We all wish to make sense of our place in the world, but often from a skewed perspective that only allows us a glimpse of our true potential. Each

of us wishes for health, fulfilment, happiness and growth in our lives, but meet obstacles along our journey that prevent us from attaining these, and there is little in the form of practical and easy to understand answers to these life questions. Now with this book – you can. Be Your Higher Self will provide you with all you need to know on The Spirit World, the Chakras, Karma and Reincarnation, the Age of Aquarius, the Ego and even the importance of love. It encourages readers to keep a journal to record their own spiritual journey as they progress through the book.

2018 SECOND EDITION (Book 1 "The New Humanity" Series on the Spiritual Awakening of Humanity) As seen at 2018 INATS Trade Show Denver. 2018 ALA Mid-Winter Book Show Denver. 2017 Frankfurt, Germany International Book Fair. "WOW!" The Futurist, World Future Society "New enlightening concepts." Midwest Book Review "Uplifting. Inspirational." Bud Gardner, co-author Chicken Soup for the Soul INTERNATIONAL SECOND PLACE WINNER! Book Excellence Awards 2016 (sole Finalist) in Spirituality. NATIONAL FINALIST USA Best Books 2012 in New Age Nonfiction. NATIONAL FINALIST CIPA EVVY Awards 2012 in Spirituality. THIRD PLACE EVVY in Spirituality 2002. HUMANITY IS ON THE BRINK OF CHANGE. We have crossed an evolutionary threshold. Humanity 2.0 heralds the new paradigm and planetary civilization. No matter how much the world's noise is like a rumble letting loose across the airwaves, or how much the cries and desperation of millions are like a throttling of all hope-humanity, we are in a new life, struggling to find a new sense of purpose. This is a new awareness piercing the density of the compelling dissonance. This is a new life threading through the very breath of all the confounding voices. In the centuries ahead, we will be seeing tremendous strides in humanity's capacity to be more. Although we live in a time of uncertainty, we are in a time of renewal.

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peaceful and harmonious existence with love at its center. To live from our Spirit, from our hearts. To live without fear. Sun Behind The Sun is an ebook for those who have already tasted the fruits of awakening, but aren't yet quite sure where exactly spiritually they are. It's for those interested in deepening their understanding about the mystic union of the earthly soul with its divine companion (Higher Self), kundalini activation, deep meditation, sungazing, Eternal Sun and other deeper spiritual subjects. Here are some topics that are covered in the book: *How archons operate in human affairs; *How to know your level of spiritual growth; *Recognize whether your spiritual growth is genuine or it's a new-age illusive growth; *In-depth information on Kundalini; *In-depth information about the Higher Self; *Western way to achieve the union with your Higher Self (safer than the eastern yoga); *Esoteric meaning of Jesus' crucifixion; *Esoteric Christian/Hindu/Buddhist teachings explained; *How Christianity borrowed most of its tenets from pagan religions; *How and why planets rule us, and what to do about it; *What pagan deities really represent, and how this empowers those who know it; *How the month in which a child is born determines his/her inclinations; *Celibacy magic and advice on semen preservation in relationships; *What the Holy Spirit really is, based on my research and personal experience; *An in-depth sungazing guide (containing much more information than available online) *And so much more! This book is suitable for those genuinely interested in spiritual growth. In this book I've shared with you most of my current spiritual developments and research. I've read many obscure and difficult to understand esoteric books and, coupled with my personal observations and long hours of meditation, I'm sharing with you my conclusions about deeper spiritual topics. "The Many Faces Of You" is a compilation of channeled meditations. The meditations are meant to be utilized by your Higher-Self, through allowing your Spirit to select which meditation is needed. This book can be used as a devotional, self-help guide to spiritual growth, self-actualization and more.

Soul Mates & Twin Flames reveals the secrets to finding your soul mate or soul collective! With help from Soul Mates & Twin Flames, you will reunite with the other half of your soul! The soul is the immortal spiritual essence of the human being, and it lives on after the death of the physical body, evolving through numerous lifetimes in order to achieve ultimate spiritual ascension. Between lifetimes, your soul agrees to work with other souls to promote mutual spiritual growth and the accomplishment of your highest purposes. These are your soul mates. They will help you to reunite with your twin flame-the other half of your soul-and solidify a love more powerful and profound than you can imagine. Soul Mates & Twin Flames reveal the ultimate secret for discovering your soul mate and your twin flame. In refusing to take advantage of the wisdom in these pages, you pass up true love. Soul Mates & Twin Flames will explain the natures, attributes and true purposes of soul mates and twin flames. You will learn to recognize your soul mate and twin flame and forge unbreakable connections with them. In doing so, you will experience the completion and satisfaction that only cosmic love can offer. Soul Mates & Twin Flames will reveal how following your passions and aligning your daily life with your true nature can lead to the discovery of your soul mate and your twin flame. It is through our relationships with our soul mates and twin flames that we learn the value of the unity and pure love that is The Absolute and reunite with it. In not searching for these connections you miss the opportunity to contribute to the spiritual elevation of all of

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mankind. 7 Reasons to Buy This Book1. Find your soul mate2. Find your twin flame3. Achieve personal spiritual ascension4. Experience the purest love in the universe5. Become your true self6. Contribute to the elevation of humanity7. Reunite with The AbsoluteHere Is A Preview Of What You'll Learn... How becoming your higher self helps you find your soul mate How following your passions helps you find your soul mate How finding your soul mate leads to finding your twin flame How to recognize your soul mate and twin flame How to connect with your soul mate and twin flame How finding your soul mate and twin flame contributes to the elevation of humanity How to ensure the success of a twin flame relationship The differences between soul mates and twin flames How soul mates come to exist How twin flames are created The real purpose behind human relationships The nature of the soul Much, much more! Want To Learn More?Take action today and download this book for a limited time discount of only \$2.99!Download Your Copy Right Now!

Anyone who requires an "eclectic protective advantage" in harmony with universal law, in order to counter increased paranormal negativity will appreciate the clarity that Shooting Star uses to explain his techniques. Whether you have encountered a negative energy force which is difficult to eliminate; or whether you are looking for a sustainable defensive approach to discourage or resist paranormal intruders, Shooting Star's methods and techniques can be used on their own; or they can be used in conjunction with a diversity of other related practices.

A seven-chapter course designed by the staff of Summit University to help you study and apply the basic teachings of the ascended masters.

Uncover your inherent mastery Take charge of your life; step into your true power Run your mind like a master; claim your higher gifts Have you been on your path of personal transformation and spiritual growth for a while now, worked through your old fears and doubts, and learned the lessons of life? Now you are ready for the great work – that of Mastery. The Foundations of Mastery takes personal development to a level of self-mastery. Drawing on principles of esoteric psychology, spirituality, ancient wisdom and modern-day quantum physics, this book equips you to master your mind, body, energy, emotions and soul. A practical, interactive guide, The Foundations of Mastery offers: powerful, yet simple practices, tools and visualisations for mental, emotional and spiritual empowerment the 'how' of the mastery mindset that empowers you to flow with life intuitively and create powerfully and with purposeful intent insight into the 12-Chakra System and how you can activate your higher chakras a guide to the Universal Laws and how to use them to grow in mastery transformational meditations with free access to audio downloads. Be your own healer, grow in consciousness and master your ability to manifest abundance, happiness and fulfilment in your life. Carlo Pietzner speaks, out of his own ego-directed, inner experiences, about several motifs inherent to inner striving: the problem of self in relationship to the world, the disintegration of the three soul forces, the transition from sense perception to spiritual perception, the reality of evil, the condition of loneliness, and more.

The title says it all a no-nonsense approach with practical techniques to unfold your spiritual potential. This manual is simple to read yet profound. More than theory, it is filled with proven, practical tips and actions that achieve results. While based on

universal principles used by advanced initiates, this is a fresh new way to help you achieve progress on the spiritual path propelling you from student to initiate. The adventure begins with cutting through illusion by dissecting a variety of contemporary topics and perspectives. At the core of this working manual is a series of simple exercises and actions to affect personal transmutation and transform consciousness. The foundation of personal development is transmutation the raising of lower misqualified and unbalanced energies into their pure state of existence. With this process, we purify our bodies, release consciousness, and invoke spiritual energies. Then there is the building of the conscious connection to the higher self. The end result is to unfold your spiritual potential. The goal of growth is to become potent servers in support of the plan for earth. The meaning of esoteric service is revealed, and development of your personal plan and mission is outlined. The path of initiation is described as a progressive process to develop power and authority for service to the greater good. Characteristics of initiates include purity of motive, synthesizing the pairs of opposites, being the observer, wielding divine justice, and others. A special section on how use of decrees, utilization of the power of the spoken word to invoke and evoke higher energy is described. Potent decrees including the Great Invocation are provided for your use. While simple in outline, the techniques offered are potent. This is not for everyone. It is designed for advanced life streams who are ready to make rapid progress on the path and contribute to manifesting the next age and help the earth complete the initiation it is undergoing.

Mystic Secrets Revealed offers timeless mystic principles to aid in spiritual growth, personal development and attaining inner peace. It's written in 53 bite-sized chapters, many of which are illustrated with colorful, personal stories making them easy to grasp and fun to read. Like The Seven Spiritual Laws of Success, The Secret and The Four Agreements, Mystic Secrets Revealed is a personal growth book that will show you how to apply spiritual principles to real life. In Mystic Secrets Revealed you will discover: 3 simple steps to follow to manifest your ideal life... How to use Mental Alchemy to transmute your thoughts to produce immediate, beneficial results... 2 profound, yet easy-to-practice techniques you can use to overcome your limiting beliefs... An ancient mystic practice to create your own personal sanctum to receive divine inspiration and enhance your creativity... A little-known practice to synchronize the two hemispheres of your brain, enabling you to transcend the mind and attain higher levels of consciousness... How to distinguish the voice of your ego from that of your inner master and how to avoid "spiritual arrogance..". 7 powerful words to free you from energy-sapping mental discord and enhance your personal development... Why travel is such a valuable tool on the path to enlightenment... A mystic practice to turn your lovemaking into a divine experience... Why "following your instincts" can be a surefire recipe for disaster and set back your spiritual growth... Keys to avoid becoming discouraged when you seem to be stagnating or even going backwards in your spiritual growth... How to ensure your efforts to help others are most likely to succeed and one thing you should NEVER offer... and Plus, 41 more keys! I spent the last 20 years investigating life's most profound questions. You don't have to go through this much effort; you can get answers RIGHT NOW!

FIRST PLACE WINNER! International Book Excellence Awards 2016 in Personal Growth and Self-Development. 2018 SECOND EDITION. Book 2 "Living your Higher Self" Series. "INCREDIBLE INSIGHT" ~ John Brennan, Founding Dean Regis University

School for Professional Studies "TOUR-DE-FORCE OF ORIGINAL SPIRITUAL INSIGHTS" ~ Wendy T. Upde, M.A. in Counseling Psychology, Transformational Teacher As seen at 2018 INATS Trade Show Denver, 2018 ALA Mid-Winter Book Show Denver, 2017 Frankfurt, Germany International Book Fair YOU 2.0 is a Master Workbook on Higher Self initiation and integration, for all who are seeking higher consciousness and your path of higher service. Original insights and concepts, master techniques and meditations reveal:~ The Higher Self Initiation process~ Higher Self integration processes for current-life upgrade (merging your Higher Self consciousness into your personality, aka "soul merge" "oversoul merge")~ The formula for connecting with your Higher Self and your place in the world as a leader and teacher of light~ The purpose of life's lessons~ Stories of how our choices determine consequences~ Attitudes and behaviors to clear~ Practices to come into balance. Every person on earth has direct access to the Divine. Unlike in all the ages past, all knowledge, wisdom and insight are available to everyone, not only to an excepted few. You, too, have that direct access. It is through the Higher Self. Details at thenewhumanityauthor.com, charolmessenger.com

Self-development can be described as many things, but at its core, it is the expansion of self-awareness leading to understanding one's self and identity. Through the tools and activities used to support our self-development, we can develop our talents and potential, helping us to reach goals and dreams. Ultimately, self-development and its results can enhance our quality of life and increase our happiness. We like to refer to self-development as the 'creation of an authentic life' - one that's unique to us, our dreams, passions, and needs. This book contains clever self-help hacks and step-by-step plans you won't find anywhere else. We have searched for the best advice and most daunting secrets in both personal and spiritual growth. Inspired by mentors from ancient China to the finest thinkers of modern time. These secrets for self-growth will guide you to release limitations, unlock your true potential and discover new ideas. With this workbook, you will no doubt focus on the good in life now.

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Feeling frazzled, frustrated, or anxious? Seeking a purposeful path to peace and contentment? Often, people look to drugs or alcohol to take away the anxiety and stress. When you feel stretched to your limit, instead of self-medicating, why not try something different? Take a break and self-meditate. Open to any page in this book. Take a few minutes to go within and listen to your higher self. Learn to be your own healing source. Allow yourself to soothe your soul and lift your spirit. Wonders will unfold for you as you connect with your true self.

Channel Sanaya Roman presents Personal Power through Awareness, given to her by Orin, a timeless being of love and light. In the tradition of Jane Roberts, Esther Hicks, and Edgar Cayce, this wise and gentle spirit teacher offers an accelerated, step-by-step course in sensing energy. Using these easy-to-follow processes, thousands have learned to create immediate and profound changes in their lives and relationships. With the assistance of this bestselling classic, you can see immediate results in your life when you learn how to:

- Be aware of the unseen energy you are in and around.
- Listen to and take action on your intuition.
- Develop your telepathic abilities.
- Receive energy and light from your higher self, soul, and divine Self.
- Connect with your

guides and inner teachers. • Change your inner dialog and raise your vibration. Your sensitivity is a gift! You can use the information in this book to: • Become aware of the effect other people are having on you. • Stay neutral around others. • Stop being affected by other people's moods or negativity. • Love who you are and express your truth. • Learn when to pay attention to your own needs and when to be selfless. • Stay centered and balanced. • Increase the positive energy around you.

More and more people are feeling the pressures of life, being literally overwhelmed in today's accelerating world of constant change. We are all being challenged with the need to relax and cultivate mental peace to counter the growing stresses within our own lives and what we see around us. How do we keep up our energy and stay mentally and physically balanced so that we can maintain our composure and prevent harm to ourselves? How can we return to a road of vibrant health, boundless energy, peace of mind and wellbeing? The answer is through meditation. The ancient practice of meditation teaches you how to calm your mind to find an internal mental peace and tranquility despite all the stresses surrounding you. The benefits of learning how to meditate include the ability to enjoy a quiet empty mind, better health, more energy, and wellbeing. There are not just physical and mental benefits to meditation but profound spiritual benefits as well, which is why meditation has become a foundational practice within many spiritual traditions. Even so, few people know how to meditate correctly to reap all its possible benefits, and even fewer understand how it helps nurture spiritual growth and spiritual strength. In this small book you will learn everything you need to know, including answers to the most often asked questions, to be able to master four of the most common meditation practices found across the world. You will learn how to recite mantras or prayers to quiet your mind. You will learn how to watch your thoughts and behavior with alert awareness, called vipassana mindfulness meditation practice, so that your wandering thoughts calm down. If you learn how to constantly watch your mind and your behavior with an inner mindfulness, you will be continually practicing self-improvement and purifying your consciousness. You will also learn visualization concentration practice, which has been used by many famous scientists, to cultivate the ability to hold visual images in your mind without wavering. Lastly, you will learn the methods of cultivating your breath, or respiration, through yoga pranayama practices and anapana practices that teach you to watch your breathing to calm your mind, and even attain high spiritual states called samadhi. While you will learn how to master the big four methods, other meditation techniques are also introduced that come from not one, but from a variety of spiritual traditions. These methods will not only teach you how to live better, but will also give you the tools for mastering this thing we all have called "consciousness" and learning about the true nature of your mind. The results of meditation practice not only lead to greater internal peace, but physical changes such as the rousing of internal energies that lay the foundation for higher spiritual growth and wellbeing. These physical changes include more energy, the healing of internal illnesses, muscle softening, greater flexibility and longevity. You will

learn how to lay this foundation through the meditation practice of quieting the mind, how these internal energies arise and what they do, and how wisdom and merit-making can actually lead you to even higher stages of meditation progress. You'll also find answers to the most typical questions about the diet for meditation practice, sexual discipline, and even how to detoxify the body for better health, all of which may speed your meditation progress. Most of all, you will learn how to set up a practice schedule for meditation that fits into a busy life. In short, if you wanted just one book on how to meditate for yourself or your friends in order to teach them how to practice, this contains all you need to know.

Traditional Chinese edition of *The Untethered Soul: the journey beyond yourself*. As a spiritual teacher, Michael Singer takes us step by step through the practice of intellectual Yoga; help liberate us from our self-image and become a happy and creative soul. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

During the decades of delivering Spirit messages to the world, Michelle "Motherella" Piper realized how many people desire to learn how to utilize their own intuition and connect with Spirit the same way she does. Many think you need a "special gift" to connect with Spirit. Your ability to unveil your natural-born intuition will allow you to see that you, and everyone, possess the gift of intuition. The question is, are you and others actually using your intuition to connect with your higher self and Spirit? This workbook compiles years of wisdom, experiences, knowledge, and Spiritual insight for those wanting to harness their intuition at any level. These activities can accelerate your Spiritual growth and inner power by allowing you to expand your consciousness, deepen your connection, and connect with your Spirit Guides and loved ones. In this workbook you will: - Understand the levels of consciousness and expansion from 3D to 5D - Learn about the difference between Angels, Spirit Guides & loved ones - Expand your natural-born gifts of intuition and abilities; including psychic and mediumship - Utilize writing prompts to help you grow and develop your innate gifts while connecting with your higher self and Spirit. Motherella strongly believes that developing your intuitive self and natural-born gifts is something that will help you in your life. You will gain clarity, receive your own guidance, and begin to live a true authentic life. This workbook will help you sharpen your natural intuition and develop your psychic and mediumship abilities so you can begin to receive your own Spirit guidance from Spirit Guides.

Book I is a prerequisite to Book II. The tools for transformation are presented in Book I. The Rapid Healing Technique Book II is a guide in assisting you in many of the day to day living challenges and conflicts with self and relationships. Book II gives you more tools for spiritual growth and insight for applying the release healing techniques, raising your vibration to another level. It is designed to open your awareness and move you in a forward direction. It is a workbook of life. It motivates dedication to yourself and your growth. It will make you stronger if you pursue the processes. It will raise your vibration and lead you to your path if you do not already know what that is. It will give you a greater understanding of

what is behind the veil that awaits all humans eventually; a glimpse into the heavens. It is my pleasure to present this information. I am very grateful for this opportunity to have been graced with this very simple and beautiful way to connect with my higher self. I only hope that many more people will embrace it and reap the spiritual rewards. This is a spiritual journey no matter one's religion. We are all on a spiritual path of some kind or we would not be on this planet. A guide to Becoming Your Higher Self is presented for your own discernment and to use for your soul's best interest.

This new book focuses on acquiring the skills for handling everyday life with more joy, harmony, peace, and light. Here are more of the shared teachings of Sanaya Roman and her spirit guide, Orin, for whom she acts as a channel.

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