

Ancient Teachings For Beginners Auras Chakras Angels Rebirth Astral Projectionancient Teachings For Beginnerpaperback

A leading figure in the field of healing and mind/body research presents an intriguing, multidisciplinary, and multicultural study of the human energy field. "A most impressive blend of extensive research and expert personal observation".--Meditation magazine. Photos; drawings.

For us to perceive any of the worlds that exist beside our own, not only do we have to covet them but we need to have sufficient energy to seize them. In this revolutionary book, Carlos Castaneda offers readers the key to this energetic conditioning for the first time, revealing a series of body positions and physical movements that enabled various sorcerers, and their apprentices, to navigate their own sorceric journeys. By sharing this centuries-old wisdom, Carlos Castaneda makes it possible for readers to travel to some of these other realms, which are as real, unique, absolute, and engulfing as our own world. Castaneda offers both a philosophical history of magical passes and an innovative, easy-to-understand instructional format, complete with more than 450 computer-generated illustrations. Written with humor, clarity, and authority, *Magical Passes* further illuminates the true meaning of sorcery and magic.

Visit a realm in which time and space have no meaning—the astral realm. Written for beginners, this friendly guide presents step-by-step instructions for six easy and effective astral projection techniques. Travel to different times and eras, visit with departed loved ones, and explore different astral worlds, such as the faerie realm. On the astral plane, it's also possible to heal yourself and achieve improved health, send healing energy to others, receive direction from your spirit guides, and view your Akashic records, the astral record of each soul's past and future events.

Well-documented study of bees, hives, and beekeepers, along with rare illustrations as they appear in ancient paintings, sculpture, on coins, jewelry, and Mayan glyphs.

· 'The A List Shaman' - The Times Magazine . 'A must-read packed full of aha moments.' - Naomie Harris OBE, Actor . 'It's interesting, fun and it's relevant to all of us ... Perhaps the key thing for me is the feeling that Jo is talking from her heart rather than writing from her brain ... It's important.' - Sarah Stacey, Victoria Health Jo Bowlby is a world-renowned Shaman, coach and mentor. This very special book is filled with insights and practices which for centuries were only known by spiritual teachers and their devotees, but which Jo Bowlby has used to underpin her powerful work as a Shaman, coach and mentor. With a focus on resilience and finding balance, Jo turns ancient teachings into life-changing practices that will provide you with a skillset designed to help you navigate life's ups and downs. Whether you seek stillness, want to reclaim your freedom from a

mental struggle, or simply inject some wonder into your world, this inspirational book will help guide you on the way.

"Anyone can learn to see and experience the aura more effectively." -Ted Andrews If you've ever felt immediately comfortable-or uncomfortable-around someone you've just met, you've probably sensed a person's aura. Now you can learn to actually see the aura-the energy field that surrounds the human body. Popular author Ted Andrews presents simple and effective techniques for not only seeing auras, but also deciphering what the aura reveals about a person's physical, emotional, and spiritual self. Discover how to: See the colors of the aura and interpret their meanings Make simple tools to measure the aura Cleanse, strengthen, and protect your own aura Increase your sensitivity and intuition Boost your energy and improve your health

Women are naturally healers. Throughout time, they have performed curative roles as mothers, midwives, caregivers, and wisewomen, but modern medicine has suppressed this important tradition. Ancient women healers knew that the body is more than what is seen: through body, emotions, mind, and spirit, we can connect with the Goddess and actively choose to heal ourselves and others. By relearning and using ancient skills like aura and chakra work, creative visualization, meditation, laying on of hands, psychic healing, and working with crystals and gemstones, women can prevent or transform many dis-eases of the body and spirit before they become matters for modern medicine. In **THE WOMEN'S BOOK OF HEALING**, Diane Stein, author of the best-selling **ESSENTIAL REIKI**, demystifies, explains, and teaches these skills in ways that modern women can learn and use. She first introduces basic healing, then applies those skills to healing with crystals and gemstones—a beautiful, effective, and empowering aspect of the ancient woman's healing methods. A comprehensive guide from a knowledgeable healer, **THE WOMEN'S BOOK OF HEALING** proves that well-being is within a woman's choice and natural abilities, and reaffirms her timeless role as healer of herself and others. • An affirmation of woman's traditional role as healer, speaking to a national trend toward alternative medicine and natural healing methods. • Demystifies, explains, and teaches the healing capabilities of auras, chakras, laying on of hands, crystals, gemstones, and colors. • Thoroughly revised and updated, with a new introduction. • Diane Stein's books have sold more than 600,000 copies.

STRENGTHEN YOUR AURA AND EXPERIENCE GREATER ENERGY, LOVE, AND HAPPINESS Thousands of people have found *The Power of Auras* invaluable—especially those in the holistic health field who use its methods in their daily practice. This new edition will bring the message of self-sufficiency to even more people who desperately need greater strength during this time of change. With this book, you will learn how to: See or sense auras. Develop spiritual self-defense and protection. Increase power, balance, focus, and clarity. Heal and release dense vibrations. Release attachments and addictions. Cut psychic ties and cords. And much more!

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THE #1 BESTSELLING INTERNATIONAL PHENOMENON - NOW WITH A NEW PREFACE You have never read a book like this before--a book that comes along once in a lifetime to change lives forever. In the rain forests of Peru, an ancient manuscript has been discovered. Within its pages are 9 key insights into life itself -- insights each human being is predicted to grasp sequentially; one insight, then another, as we move toward a completely spiritual culture on Earth. Drawing on ancient wisdom, it tells you how to make connections among the events happening in your life right now and lets you see what is going to happen to you in the years to come. The story it tells is a gripping one of adventure and discovery, but it is also a guidebook that has the power to crystallize your perceptions of why you are where you are in life and to direct your steps with a new energy and optimism as you head into tomorrow. Praise for The Celestine Prophecy "A gripping adventure story filled with intrigue, suspense, and spiritual revelations." - Commonwealth Journal "A spiritual classic...a book to read and reread, to cherish, and to give to friends." - Joan Borysenko, PhD, author of Fire in the Soul "In his inimitable style of great storytelling, Redfield opens us up to a world of insight, inspiration, synchronicity, and power." - Deepak Chopra

In this book, mysteries of the human aura are unveiled—from the meaning of its colors to why and how to strengthen, purify, expand and protect it. Includes 25 illustrations of auras and chakras, meditations, visualizations and an extensive glossary.

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

Helps you explore your previous lifetimes, embrace your wondrous past, and recognize that you, as a human soul, are eternal. This title describes different types of past-life recall experiences and shares favoured techniques of meditation and visualization used to gain access to those memories.

The Human Aura: Reading Auras & Colors This book goes beyond the entertainment of aura and chakra colors, uncovering for the first time some of the intensely personal and relevant information that sits in the human aura. With powerful case studies and sensitively written, it is a delight to read that will interest and intrigue many. It opens a doorway to an unseen world, a world of energy and color, which has implications on every area of life. Have you had an aura reading & want to know more about auras and chakras and what the colors mean? Maybe you've had an aura photograph & want to understand what it says about you. This book will show you how to read auras & interpret the information that many people miss. Naturally improve your own psychic abilities and psychic development by reading auras. Working with the aura and the energy of the human body you quickly and effortlessly start to expand your own psychic awareness. "This is a language of color that is very easy to learn and interpret."

Discover How to sense energy What the aura colors mean The Magic Matrix -a tool that makes reading auras easy How to improve your own intuitive, psychic ability How to

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protect your energy Aura Colors Covered: The Red Aura The Orange Aura What Does a Yellow Aura mean? Do you have a Green Aura? What's the main thing people with a Blue Aura need to be aware of? The Indigo & Violet Auras The Crystal Aura What Brown & Pink in the Aura mean Do have the passion of red, the sensitivity of blue or the loving heart of green in your aura? How about your friends and family - what colors are they? Understand the seven main chakras, the energy centers in the human aura and the association they each have with us on a mental, physical emotional and spiritual level. When you understand the aura you can manage your energy and take your well-being to a whole new level.

Energy Medicine East and West: A Natural History of Qi provides a unique, comprehensive overview of Qi or bioenergy for students and practitioners of energy medicines, Chinese and Oriental Medicine, and all disciplines of Complementary and Integrative Medicine. Mayor and Micozzi start with a comparative historical account of the ancient concepts of Qi and vital energy before covering theories of Qi, a discussion of the organized therapeutic modalities based upon Qi and its applications to specific health and medical conditions. Contributions are included from international experts in the field. The book moves from anatomical and bioenergetic complementarity of Western vital energy and Eastern Qi, through convergence of perspectives and models to demonstrations of how the traditional therapies are being melded together in a new, original and creative synthesis. David Mayor and Marc Micozzi are experienced medical practitioners, authors and editors. David Mayor has been actively involved in bioenergy research, practice and publishing for over 30 years, and is author/editor of *Electroacupuncture: A practical manual and resource* (2007), as well as other acupuncture texts and studies. Marc Micozzi is Professor in the Department of Physiology and Biophysics at Georgetown University School of Medicine, Washington, DC. As author/editor of *Fundamentals of Complementary & Alternative Medicine*, 4E (2011), and 25 other books, he has been writing, editing and teaching on bioenergy, Qi and related topics for 20 years. Endorsements "This wonderful book has assembled some 25 authors expressing well a view of qi which entirely does justice to its nature. Meticulously referenced, it is a milestone to set beside Maciocias Foundations of Chinese Medicine and Deadmans Manual of Acupuncture. Here at last are the beginnings of a true science of qi...There is truly nothing like it in contemporary literature. Alone, it lays the foundation for the beginnings of a modern science of qi."Richard Bertschinger, Acupuncturist and translator, Somerset, UK. "This book offers a timely and thorough examination of the experience and nature of qi, including a series of fascinating philosophical discussions with a direct application to our patients. Required reading for acupuncture practitioners seeking to justify and clarify their clinical reasoning."Val Hopwood PhD FCSP, Physiotherapist, acupuncturist, researcher and educator; Course director, MSc Acupuncture, Coventry University, UK. "Over the last decade most books on Asian medicine paid tribute to the aura of evidence-based medicine – experience counted little, RCTs were convincing. This book, at last, returns to an old tradition of debate, opening up quite a few new horizons. Reading it, my striving for knowledge was married with enjoyment and happiness. This book made me happy!" Thomas Ots MD PhD, Medical acupuncturist specialising in psychiatry, Graz, Austria; Editor-in-Chief, *Deutsche Zeitschrift für Akupunktur*. "To simply review the chapter headings is to know the truly remarkable expanse of this book...a wonderful

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bridge between the mysteries of the East and the sciences of the West...well documented, well written, and enlarging both. Enlightening...nicely depicts outstanding advances in energy psychotherapeutics, thus ultimately helping to move forward the human condition."Maurie D Pressman MD, Emeritus Clinical Professor of Psychiatry, Temple University School of Medicine, Philadelphia, PA; Emeritus Chairman of Psychiatry, Albert Einstein Medical Center, Philadelphia PA; past President, International Society for the Study of Subtle Energies and Energy Medicine, Lafayette, CO, USA.

A hands-on approach to working with the healing powers of plant spirits • Explores the scientific basis underlying the practices of indigenous healers and shamans • Illuminates the matrix where plant intelligence and human intelligence join • Reveals that partnering with plants is an evolutionary imperative Indigenous healers and shamans have known since antiquity that plants possess a spirit essence that can communicate through light, sound, and vibration. Now scientific studies are verifying this understanding. Plant Spirit Healing reveals the power of plant spirits to join with human intelligence to bring about profound healing. These spirits take us beyond mere symptomatic treatment to aligning us with the vast web of nature. Plants are more than their chemical constituents. They are intelligent beings that have the capacity to raise consciousness to a level where true healing can take place. In this book, herbalist Pam Montgomery offers an understanding of the origins of disease and the therapeutic use of plant spirits to bring balance and healing. She offers a process engaging heart, soul, and spirit that she calls the triple spiral path. In our modern existence, we are increasingly challenged with broken hearts, souls in exile, and malnourished spirits. By working through the heart, we connect with the soul and gain access to spirit. She explains that the evolution of plants has always preceded their animal counterparts and that plant spirits offer a guide to our spiritual evolution--a stage of growth imperative not only for the healing of humans but also the healing of the earth.

A book of ancient mysticism originally published in the early 1900's to an interested people in the old occult wisdom of Greece and Egypt. This book lays out seven principles that magic and occult are supposed to work around. The book claims that grasping these principles will help someone in enhancing their life and the world around them. Although the direct authorship is now unknown, the Three Initiates have stood as the pseudonym most famous to the ones who crafted this occult work.

An internationally renowned self-help speaker draws on his research and teachings to outline an inspiring plan for fulfilling goals and dreams, explaining how to identify one's most meaningful values while aligning priorities to promote loving relationships, a fulfilling career, financial autonomy and a rich spiritual life. Original. 75,000 first printing. Unleash your spirituality and achieve enlightenment with the help of this profound and inspiring spiritual collection! Have you always been searching for an all-in-one, definitive guide to developing your spiritual knowledge, unleashing your inner power, and connecting with the universe? Do you want to channel your true potential and connect with your higher self? Or are you looking for real methods for understanding the ancient wisdom of Eastern cultures? Then keep reading. This incredible spiritual collection unveils the wisdom of ancient cultures, exploring deeply-held spiritual practices and unlocking the secret to achieving enlightenment. Over the course of six powerful and eye-opening books, you'll transform your spiritual growth and learn to

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flourish by harnessing the limitless potential that the universe holds. Here's what you'll find inside: **Book One: Buddhism for Beginners** The teachings of the Buddha have existed for thousands of years, and they continue to touch the hearts and souls of people to this day. This practical guide offers a comprehensive beginner's introduction to essential Buddhist teachings, along with how you can use mindfulness and meditation to transform your life. **Book Two: Crystals for Beginners** Have you ever wondered about the hidden energies inside earth's most mystical rocks? Inside, you'll unveil the amazing healing properties of crystals, including 30+ ingenious crystal healing methods for abundance, health, creativity, stress relief and more. **Book Three: Kundalini Awakening** Stir your inner fire and learn to flourish by unlocking the Kundalini hidden deep inside your soul. With practical exercises for awakening your Kundalini and achieving life-changing spiritual growth, this brilliant guide draws on yoga and pranayama to help you experience the benefits of Kundalini for yourself. **Book Four: Third Eye Awakening** Far from being another pop-culture phenomenon, your third eye holds surprising potential which will help you shift your mindsets and look at life in a whole new way. This detailed handbook provides you with everything you need to know about awakening your third eye and achieving enlightenment. **Book Five: Chakras** Blocked, unbalanced, and damaged chakras can wreak havoc on your health. But now, this guide explores how you can heal your 7 chakras to experience lasting physical, mental, and emotional wellbeing. Covering each chakra and how it can help you, this book is perfect for anyone who wants to understand more about this foundation of Eastern religions. **Book Six: Reiki Healing** Have you ever wanted to heal yourself and others by harnessing the energies of the universe? Now you can. This thorough guide breaks down Reiki healing in a way that anyone can understand, uncovering how you can begin practicing this highly-effective skill and improve your overall wellbeing. This collection holds the key to achieving inner peace, balancing your energies, banishing negativity, and so much more. Whether you're searching for answers to life's most pressing questions, or if you want to embrace your spiritual side and awaken your inner fire, this breathtaking collection will show you the hidden secrets of Eastern traditions. Scroll up and buy now to unleash your spirituality today.

Ancient Teachings for Beginners by Douglas De Long reveals the mysteries from the distant past and how they can lead to a brighter future in the New Age. It begins with a brief history of spiritual development from before ancient Egypt right up to the present. It continues by explaining the secrets of the aura and the chakras. In this section you'll learn about the importance of the third eye chakra. It is related to the pineal gland and the third eye. Opening the third eye aids intuition, creativity, and psychic abilities. You can do this easily by "toning," "doing vibrational work" or chanting Thoh (rhymes with "toe") at a middle or high "C" note. This triggers a vibration in the pineal which cause the third eye and its chakra to open. The exact techniques are included in the book. If you open the crown chakra (associated with the pituitary gland) you can improve some of your natural psychic abilities, including clairaudience, clairvoyance, and clairsentience. Vibrational work for this chakra uses the sound May. Breathing techniques and the exact way of toning to open the chakra are fully explained. You'll also learn how to see the aura and interpret its colors, as well as how to open all of the chakras. The book also explains techniques to send the mysterious kundalini energy through the chakras. But this book has more! It includes the secrets of channeling, such

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as working with angels and spirit guides. It goes on to share methods of astral projection and then reveals the secrets of reincarnation. Ancient Teachings for Beginners is easy to understand and the techniques are a snap to use. If you are looking for an introduction to the secrets of the teachings of the ancient mystery schools, this book is for you!

Humanity is entering a new era—we are evolving into super-powered beings of light. Our auric energy bodies are experiencing a transformational shift as new crystalline structures form within and around our auras. Kala Ambrose, a respected wisdom teacher, intuitive, and oracle, teaches how to connect with your rapidly changing energy body to expand your awareness and capabilities on the physical, mental, emotional, and spiritual levels. This groundbreaking guide contains a wealth of practical exercises, diagrams, and instructions that show you how to use this transformative energy to create powerful positive change in your own life and in the world. Repair the aura and maintain a balanced, healthy energy body Interpret and work with the auras of infants, children, and teens Understand energy cords and how they attach in relationships Sense and balance energy in buildings and natural locations Sense and communicate with spirit guides in the aura Use elemental energy to enhance your auric field Understand the impact of thoughts and emotions on the aura Access the akashic records through the auric layers Remove negative thought forms in the aura Create powerful protective fields in the aura for psychic protection Praise: "Kala is an amazing metaphysical teacher, with a deep understanding of her subject. In this well-written, personal, and heart-felt book, she reveals the secrets of the auric field, its power and meaning. This is a very useful and easy-to-understand guide." —Amy Zerner and Monte Farber, authors of *The Soulmate Path*, and the *Chakra Meditation Kit*

Are chronic diseases such as diabetes, cardiovascular problems, and joint pains troubling you? Are anxiety, depression, and anger and other such emotions bringing you and your performance down? Are you constantly on medications for digestion and respiratory issues? If you answer "yes" to any of the above questions, you are probably suffering from an imbalance of energy in your subtle, non-physical body. So, what is the subtle body? In many spiritual traditions, the subtle body is the sacred or the immortal body. It never dies and when the physical body dies, your subtle body merges into the universe. It comprises of the intelligence, mind and ego, aspects that control the human physical body. The terms "aura" and "chakras" refer to parts of your subtle plane of existence. These are usually seen by the mind's eye and not your physical eyes. Disturbances in your auric field or imbalances in the flow of energy through the chakras manifests as physical, mental, and emotional disorders in the physical world. Mostly, when people fail to heal their physical bodies with modern medicine, the only solution is to turn towards healing the non-physical subtle body. Just by working on balancing your chakras and your energy field called aura you will notice that your chronic disorders are much under control, your emotions are much balanced, and you are spiritually more connected to the universe and your Higher Power. Don't wait until you fall ill to begin taking care of your chakras and aura. Take action now and start learning about chakras and the subtle body. This comprehensive guide is perfect to get you started on this journey. It will help you learn about what are chakras, what the 7 main chakras are, and how to strengthen your aura and radiate strong, positive and healthy energy by opening or balancing your chakras. You will also find a chakra test here that will help you find

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out which of your chakras is imbalanced. There is also an exclusive section on the third eye for people interested in awakening it and promoting their intuitive and psychic abilities.

Awaken your personal power--easy techniques to understand, read, and heal your aura
The Little Book of Aura Healing is your beginner's guide to what your aura is and how you can heal and maintain it for better well-being. Begin with a brief background on how auras work before diving into specifics of each color, each layer, and practical aura balancing techniques that anyone can do. The Little Book of Aura Healing illuminates how your aura is connected to your physical, emotional, mental, and spiritual health. Start healing your aura right away with: Practical techniques--Explore simple practices for reading, healing, and strengthening your aura, with friendly language and helpful illustrations. Learn the signs--Discover ways to identify an aura that's imbalanced and how to align the energy of your thoughts, emotions, intentions, and actions for greater aural symmetry. The seven layers--Learn about the color, size, chakra, and personality traits associated with each of the seven main layers of your aura, and how to heal the ones that need your attention most. This book is your ultimate guide to auras and their colors as well as simple practices to read, cleanse, and heal them.

If you want to explore the energy and beauty of auras, simply start here! Auras: The Anatomy of the Aura is a modern illustrated guide to the ancient practice of aura reading. The latest title in The Start Here Guide Series, this is the perfect book to introduce readers to the power and beauty of auras. These layered veils of energy surround all physical things and reflect the state of their internal energy flow. Author and teacher Eliza Swann demystifies the world of auras and brings an ancient tradition into the modern era, teaching readers: - What an "aura" is from both mystical and scientific perspectives - Techniques for learning to perceive auras - The history of the concept of auras - An in-depth explanation of the layers of the human aura - An extensive glossary of terminology relating to the human aura - How to heal the human aura Black and white illustrations throughout the book help readers visualize the techniques as they read. Packed with information yet always fun and accessible, Auras is the ultimate beginners guide!

It is not unusual for families to face health issues. Most will turn to conventional medicine to at least treat if not cure them. But what happens when those methods don't work? In fact, instead of getting better, they get worse. This is what happened to author Rachael White and her family. In her book, I AM a Soul Champion: How to live a spiritually guided life through Manifestation, Intuition, Positivity and Archangel Aromatherapy she provides an account of her extraordinary life changing journey to heal her family's so-called incurable illnesses. She shares the knowledge and wisdom she gained after she opened up to living a spiritually guided life. I AM a Soul Champion is a practical guide for using intuition, healing and manifesting along with archangel aromatherapy. The author has distilled the information into a combination of healing guides, teachings and easy-to-use daily practices and rituals. A soul champion is someone who understands that he or she is more than just mind and body. Rachael believes that everyone has the ability to access healing and guidance from angels and spiritual guides in order to heal, co-create, and manifest in every aspect of life. Are you ready to let go of ego-driven fear, negativity, mental and physical illness out of the drivers seat and let the soul be the champion driver of your life?

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The Secret Teachings of All Ages is perhaps the most comprehensive and complete esoteric encyclopedia ever written. The sheer scope and ambition of this book are stunning. In this book Manly P. Hall has successfully distilled the essence of more arcane subjects than one would think possible. This book explores the themes underlying ancient mythology, philosophy, and religion. Unrivaled in its beauty and completeness, it distills ancient and modern teachings of nearly 600 experts.

There's more to this lifetime than the naked eye can see, and *Psychic Abilities for Beginners* is the perfect guide to this unseen knowledge. When you develop your psychic skills, you will increase your confidence, stimulate your potential, and expose the magnificence that is already inside you. With true stories of actual psychic events and tips and techniques for starting your intuitive journey, author Melanie Barnum will help you: Discover your psychic senses with hands-on exercises Identify your unique psychic strengths Use your intuitive abilities to manifest abundance Enhance your relationships, career, and financial situation Overcome challenges and create a life you'll love

In this remarkable book, the renowned Mexican healer Sergio Magaña reveals the fascinating secrets of the ancient Toltec tradition. Closed to outsiders until now, this rich spiritual tradition is over 5,000 years old. The original holders of this secret knowledge, the Chichimeca, were considered to be masters, with a deep understanding of the dream state and a working knowledge of how our perceptions form our reality, as well as the capacity to influence matter. The Toltec Secret reveals the incredibly powerful rituals and symbols that will enable you to:

- become lucid in your dreams
- create your life through your dreams like the Toltecs did
- send healing to others while in the dreaming state
- communicate with your ancestors
- develop your intuition and use Toltec techniques to see the aura
- heal and rejuvenate your body by connecting with the energy of the sun
- use the mysterious obsidian mirror for healing yourself and others
- practise the powerful dances of the Toltecs and Mexihcas.

Thousands of years ago, the High Priests of Egypt performed a special rite called a Final Initiation. Many of these secret ceremonies took place at the Great Pyramid, where initiates performed sacred rituals involving breathing, meditating, and chanting. Afterwards, the students were ready to enter the world as healers. The author of *Ancient Teachings for Beginners*, Douglas De Long demonstrates how to perform this Final Initiation rite and other methods for advancing one's psychic and healing abilities. These techniques-involving energy healing, chakra work, color, chanting, breathing-are designed to help one achieve spiritual, emotional, and physical well-being.

For thousands of years, a select few attended ancient mystery schools and temples around the world. These schools taught the nature and destiny of mankind, the magical universe in which we reside, and revealed powerful secrets regarding universal natural laws. In *9 Life Altering Lessons: Secrets of the mystery schools unveiled*, esoteric teacher Kala Ambrose brings some of the most important and relevant lessons to the modern world. Kala discusses many of the ancient mystery school topics, which are designed to stir the soul, awaken the mind and reveal long forgotten memories of past lives in these schools, as well as inspire you to explore the magnificence of who you really are.

The ultimate guide to harnessing the body's energy for health and wellness Our bodies are surrounded by and filled with powerful streams of energy that can be used to

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improve our mental, physical, and spiritual wellbeing. *Ultimate Energy: Using Your Natural Energies to Balance Body, Mind, and Spirit* is a collection of three books—*Chakras*, *Auras*, and *Energy Healing* by Tori Hartman, Eliza Swann, and Kris Ferraro—that will give readers the tools to tap into their own unique energy using a variety of modalities and practices. *Chakras* explains the associations and strengths of each of the seven chakras along with how to harness their power in your own life. *Auras* explores the many-layered energy field that is the human aura and will teach you to sense and work with your own aura and those of others. *Energy Healing* offers an exploration of a range of energy healing techniques from Reiki to EFT, and will help you find a practice that suits your needs and interests. Written by experts in the field, each book is designed with beginners in mind and includes exercises to kick-start your practice along with a comprehensive resources section to help you continue your exploration of the power of energy. *Ultimate Energy* is the definitive beginner's guide to using energy as part of your health and wellness practice.

In these troubled times, do you wonder about the future and the destiny of humanity? Do you want to know the true purpose of your existence on Earth and in the Universe? The most secret book in the world holds the answers you seek! Named as one of the 100 Most Spiritually Influential Living People by Watkins Mind Body Spirit, Zinovia Dushkova, Ph.D., is one of the few who has gained access to the million-year-old manuscript widely known as the Book of Dzyan, which contains answers to humanity's most pressing questions. Written in the language of the Gods, called Senzar, it is secretly hidden in the heart of the Himalayas, accessible to only a chosen few over the course of human history, accessible to only a chosen few over the course of human history, including Gautama Buddha, Jesus Christ, Pythagoras, Plato, and Helena Blavatsky. Now, for the first time ever, Dr. Dushkova has presented a never-before-seen excerpt from the mysterious Book of Dzyan in *The Book of Secret Wisdom* to bring new meaning and hope into your life. Beautiful and enlightening, it will reveal not only our past, but also our present and future. To facilitate your understanding of this profound and poetic text, the book contains a comprehensive glossary gleaned from the supreme sources of wisdom. In *The Book of Secret Wisdom*, you will discover the answers to these questions: • What are the ultimate goal and purpose of human existence? • What is the cause of natural disasters, global warming, and epidemics? • What really happened in 1999 and 2012? • What Great Event occurred invisibly in 2017? • When will Armageddon and the Last Judgment occur? • What should you expect in the coming decades? • Why are people dying, and is there a chance to be immortal? • Why does it seem that time is speeding up? • What is the famous Philosopher's Stone? • and much, much more! The all-embracing and undistorted Truth presented in this book was once accessible only to the privileged initiates of ancient civilizations who spent much of their lives seeking it. But now it is available to you in the pages of *The Book of Secret Wisdom*, a book that offers unprecedented access to the world's most ancient mysteries. If you are a spiritual seeker who enjoys expanding the boundaries of your understanding, this book is for you. "This book is an immeasurable treasure of knowledge. Its depth and scope are incredible." — 2016 Benjamin Franklin Awards Judge "It reads beautifully like a storybook, feels like a fable, and reveals valuable lessons of love for this lifetime." — Allyson Gracie, Wellness Specialist, Pilates & Yoga Instructor "One of the most inspiring, all encompassing, volumes of true truth I

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have read in all my years of seeking truth." — April Giesecking "It is deep, deeper and vast than you could have ever imagined." — Aakriti, Goodreads Don't wait! Buy The Book of Secret Wisdom now to unveil the future and destiny of humanity!

In this beautifully illustrated comprehensive guide to auras, expert spiritualist Cassie Uhl shows you how to identify and interpret energetic fields with actionable steps that will make you an expert in no time. Auras are constantly changing. Everything can affect your aura: your mood, your health, the food you eat, your environment, and the energy of other people. With *The Zenned Out Guide to Understanding Auras*, you'll learn how to intuit your auric field and what steps you can take to keep your aura radiant, healthy, and protected. You'll also learn the different layers and colors and what they mean, plus discover techniques to cleanse and heal your energetic field. Gorgeous illustrations make it easy to navigate through the chapters as you enhance your intuition and understanding of energy. You'll: Learn about the subtle energy body, the many purposes of the aura, and how each chakra connects to the auras. Tap deeper into your intuition and third eye chakra to open yourself up to experiencing auras by feeling, hearing, touching, intuiting, or "seeing" them. Take the aura quiz to find your primary aura color(s) and better understand your personality and traits. Protect your aura through energy work, crystals, herbs, food, meditations, visualizations, sound healing, and breathing techniques. Do quick aura scenes to identify energy vampires that are harming your aura and help keep your aura healthy. Perform aura readings on other people and on yourself! With these interactive exercises and tips, you can protect your aura from unwanted energy and feel like your best self. The *Zenned Out* series is an open invitation to seasoned and curious spiritualists who want to explore their craft. With Cassie Uhl's approachable steps and explanations to mystical tools and symbolism, readers can start using the information right away.

Discover the powerful and nearly-forgotten energy healing methods of the ancient Toltec tradition—for fans of Don Miguel Ruiz Many people across the world today are looking for their true selves. The ancient Mexicans viewed this true self as the "caves", which referred to our spirit, instincts, and subconscious. According to the Mexican tradition, we have seven caves of power—which are equivalent to the chakras—and healing these caves allows us to improve all areas of our lives. In *The Caves of Power*, world-renowned Mexican healer Sergio Magaña unveils this almost lost and secret knowledge of the ancient Mexicans. He shares powerful practices for healing, rejuvenation, manifestation, and enlightenment—including Mexican numerology, astral surgery, dream work, Mexican acupuncture, energy spinning, and Mexican Kundalini techniques. This unique and powerful book offers a new approach to an ancient tradition, bringing healing and resolution to important issues like health, emotions, abundance, and enlightenment.

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

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remembering where we come from and the wonder and magic of who we are. Finally, for the first time in print, Drunvalo shares the instructions for the Mer-Ka-Ba meditation, step-by-step techniques for the re-creation of the energy field of the evolved human, which is the key to ascension and the next dimensional world. If done from love, this ancient process of breathing prana opens up for us a world of tantalizing possibility in this dimension, from protective powers to the healing of oneself, of others and even of the planet. Embrace the expanded vision and understanding that Drunvalo offers to the world. Coincidences abound, miracles flourish and the amazing stories of mysteries unveiled arise as the author probes the Ancient Secrets of the Flower of Life.

BOOK #1: Chakras For Beginners: 8 Things You Should Know if You Want To Balance Chakras, Strengthen Aura, and Radiate Energy From the mystic ancient home of ancient India, to the cosmopolitan offices of the western world, Chakra balancing offers a rewarding experience to inner-peace that anyone can practice in the comfort of their very own home. In this guide, beginners will learn what a Chakra is, how it affects their mind and body and how to start learning about balancing these energy sources at home.

BOOK #2: Tai Chi For Beginners: Top 10 Tai Chi Lessons for Beginners: Find Your Inner Peace and Balance This book will give you a definitive guide to the art of Tai Chi and the lessons that come with it. Tai Chi has become universal for its use as a recreation, stress reliever, and even spiritual context. It can be at home, in the office, outside of work, or even at the local gym. Made specifically for beginners, this book is here to help make a significant impact on your life, both physically and mentally.

BOOK #3: Chakras: Opening Your Inner Energy Centers - The Ultimate Chakras for Beginners Guide to Help you Learn How to Balance Your Chakras Learning how to properly balance our inner energy systems is important. Life can often be very overwhelming. These overwhelming occurrences can often cause our chakras to become blocked. Once you are able to understand the meaning of a chakra and how it affects our life and our body, you will then be able to grasp how to balance these chakras and the energy that runs within us.

BOOK #4: Chakras: 55 Tips on How to Balance Chakras, Increase Aura, and Radiate Positive Energy The chakra system was first developed thousands of years ago in India, as part of the yoga system of spirituality. Since then, millions of people have incorporated the chakra system into their mission for self-improvement. With seven centers, each pertaining to a different physical, mental, and spiritual part of our consciousness.

BOOK #5: Chakras: Awaken Your Mind and Your Inner Energy - Learn How to Balance Chakras, Radiate Energy and Achieve Healing Through Meditation Modern life is difficult and most of us are looking for ways to reduce stress, achieve peace and find a sense of inner calm. The solution to these problems are not to be found in the next technological advancement or medical pill, but in an ancient and wise practice that dates back thousands of years - chakra meditation.

BOOK #6: Auras: The Ultimate Guide On How to Master Your Ability To See, Feel And Sense Human Auras with Quick & Easy Methods Auras: The Ultimate Guide is a journey into the one of the most intimate elements in the human existence. That element is so powerful that it shines to such a degree some have developed the ability to actually see it. The aura is as unique as the person from whom it emanates and this eBook will help you develop your sensibilities to sense or see them.

BOOK #7: Third Eye: 12 Incredible Tips to Awakening the Third Eye, Using Mind Power, Following the Intuition & Psychic Awareness This e-book will help you learn to recognize your third eye, and to harness the power that lies within it. Awakening the third eye will give you a whole new outlook on life, and on how your intuitive mind can enrich your life. So few people recognize the existence of their third eye, much less the power that it can add to their lives. When you open yourself to the possibility and influence of the third eye, you will see more deeply into yourself, and more deeply into other people, as well. **Getting Your FREE Bonus** Read this book, and find "BONUS: Your FREE Gift" chapter right after the introduction or after the conclusion.

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Imagine an advanced energy/information system that contains the chronicle of your life-past, present, & future.

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