

## Psicoaromaterapia Sciamanica

Magic is all around us - in stones, flowers, stars, the dawn wind and the sunset cloud. All we need is the ability to see it, understand it, and apply it. Natural Magic explains how to practise the age-old white magic that village wise women have used for centuries. It deals with the magic of herbs and flowers, of the four elements, of numbers and colours, amulets and talismans, how to read cards, how to interpret dreams, and much more. There are chapters on the secrets of sex magic, and on the use of traditional spells. If you want to learn to charm warts, to cast a love spell, or to plant a magical garden, this book will tell you how. An essentially practical treatise, which sets out to show how magic can be for everyone, and how, indeed, it has always been inherent in human life and nature. Both those who are new to the practice of magic and those with experience will find it delightful reading and an informative handbook for use in daily life.

Psicoaromaterapia sciamanica Psicoaromaterapia sciamanica Edizioni Enea

Let me ask you.... What's the most important thing you are looking for from your book about aromatherapy and essential oils? Clear advice from an expert in their field? An easy to navigate guide? Comprehensive data of many oils and how to use them? Value for money? It seems to me that you may fit into one of three categories: A complete beginner to essential oils who wants to learn how to treat themselves and their family safely. A student or professional aromatherapist looking to grow their, already ample, aromatherapy bookshelf A distributor for an aromatherapy multi level marketing company such as Young Living or Doterra who wants to better understand their product Am I right? This book, written by a professional aromatherapist with 21 years experience has a little something for each of you. Instructions on recommended oils for 60 different ailments Information on 104 essential oils and their safety data (referenced from Tisserand Essential Oil Safety Data for Health Professionals 2013) Facts on how to use 16 different carrier oils including coconut oil, tamanu, and also St Johns Wort Recipe blends by another 13 professional aromatherapists including a blend to use in labour by a midwife using essential oils on an NHS maternity ward and an aphrodisiac blend by a professional sex therapist. Details of how the chemistry of essential oils works Reflections on how plant extracts have been used since early neolithic times right up to the present day Plus extra bonus material: Free hypnotherapy relaxation download 6 essential oil monographs including the most up to date information into clinical trials into many conditions including breast, skin and prostate cancers as well as diabetes: on lavender oil, tea tree oil, geranium, rose, myrrh and chamomile. Past professionally published papers by the author on Agarwood, Damiana, Tuberose, Calendula and myrtle oils Discount vouchers to 15 aromatherapy schools, product stores and treatment clinics. Over 300 pages and 21 years of professional experience.... What have you got to lose? Scroll up and buy!

Michio Kushi's macrobiotic blueprint for the prevention and relief of disease. Revised and updated with the latest research, new recipes, and practical suggestions for relieving 25 types of cancer. Drawing on the most up-to-date cancer and heart research, Michio Kushi presents a ground-breaking dietary program that can be implemented safely and simply in the home at a fraction of the cost of usual meals and medical care. As the risk and incidence of cancer increases, The Cancer Prevention Diet continues to be essential reading for anyone seeking to maintain or regain optimum health through natural means.

The creation of this manual wants providing a practical guide through the Pilates method that helps patients with breast cancer to achieve complete psycho-physical recovery. The creation of this manual wants providing a practical guide through the Pilates method that helps patients with breast cancer to achieve complete psycho-physical recovery. The benefits that are obtained through the application of the Pilates method are many and valid. They guide each patient on the path to recovering their daily quality of life. The improvement of the mobility of the operated side, the muscular rebalancing, the improvement of posture and breathing, are the main objectives that can be achieved with this planning. The manual is aimed at everyone, even non-professionals, and will provide guidelines to optimize the benefits of the method. For this reason we will present the inventor Joseph Pilates and the Michael King school, recognized all over the world. Knowing the principles on which the method is based is of fundamental importance to perform the exercises with precision, fluidity and effectiveness. The interested parties will also be treated at an anatomical level by exposing the fundamental notions to better understand the reason for the choice of exercises. In the final part of the manual we will discuss how with the Pilates method diversified work phases can be organized, useful for achieving full recovery. Starting from simple exercises with the application of the principles of the method and developing, in the subsequent phases, motor challenges, we will improve all skills: control, stability, mobility, strength and balance. The psychological, emotional side, as well as depression, will also benefit, thus offering a new, more positive, approach to life. Laura Rapuzzi, ISEF graduate with 110 cum laude, for 40 years in the world of fitness; university teacher in sports science, she has perfected in recent years with Michael King's MK Pilates school, with whom she collaborates as a referent in Italy for several courses. He will discuss the potential of the Pilates method as a recovery tool for those who have undergone breast surgery. Simone Zanelli, Motor Sciences Brescia has been in the fitness and Pilates sector for years, collaborating with the MK school of which he is tutor, he will develop together with Laura, the rehabilitation and functional part of Pilates applied to this series. In detail, Dr. Carol Pileggi, Emergency Doctor, specialist in Oncological Radiotherapy, as well as practitioner of the method and Pilates Instructor, will deal with the clinical aspects of breast cancer, from the anatomical constitution of the district concerned to the diagnosis to possible interventions based on the case and therapies, also touching the emotional as well as psychic sphere put to a severe test by the disease, whatever its evolution. Thank you for taking the time and getting ready to read this manual.

In an age when much of the earth's surface has been explored, the spiritual realms within us are still, for many people, uncharted territory. This Inner Space was experienced by shamans and the 'Wise Ones' of all cultures and traditions who could bring to the surface of consciousness knowledge that could then be applied to improve the quality of individual lives. Today, the opportunity exists for us all to experience the reality of transcending distance and time, find new understanding, and discover the inspiration and guidance to meet all of life's challenges. Shamanic Experience, packaged together with its unique shamanic drumming CD, can enable you to:-- awaken and develop your inner senses & resources-- access other levels of awareness and retrieve information that is relevant to all areas of your life -- discover that the power of every living thing, including yourself, lies within Translation from Italian to English of the 36 Stratagems of Personal Growth by Yamada Takumi.

Sensor networks continue to grow in importance for modern communication networks. The fruit of recent efforts aimed at miniaturization and highly advanced functionality, smart dust sensor networks offer powerful, cost-effective solutions to densely distributed, high-resolution applications. In chapters carefully selected from the popular Handbook of Sensor Networks, Smart Dust: Sensor Network Applications, Architecture, and Design supplies a sharply focused reference on the applications, design,

and performance of smart dust that is ideal for specialists in the field. Providing a succinct survey of the principles and technologies associated with smart dust networks, this book focuses on eight main areas: applications; architecture; protocols; tracking technologies; data gathering and processing; energy management; security, reliability, and fault tolerance; and performance and design aspects. Following a look at the opportunities and challenges facing the field, expert contributors authoritatively cover sensor network management, miniaturizing sensor networks with MEMS, sensor network architecture, energy-efficient technologies, positioning and tracking, comparison of cooperative computing in sensor networks, dynamic power management, low-power design for smart dust networks, and more. *Smart Dust: Sensor Network Applications, Architecture, and Design* details the applications and technologies that are at the frontier of modern sensor networks. It is an ideal reference for anyone interested in designing, planning, or building emerging sensor and communications networks.

This is the most comprehensive and practical guide available to all of the most commonly available aromatherapy oils. Easy to understand, it gives vital information on plant origins, medical herbalism and the properties and actions of herbs and oils.

The Kabbalist Rabbi Laitman, who was the student and personal assistant to Rabbi Baruch Ashlag from 1979-1991, follows in the footsteps of his rabbi in passing on the wisdom of Kabbalah to the world. This book is based on sources that were passed down by Rabbi Baruch's father, Rabbi Yehuda Ashlag (Baal HaSulam), the author of 'the Sulam', the commentaries on The Book of Zohar, who continued the ways of the Ari and Rabbi Shimon Bar Yochai and many great Kabbalists throughout the generations before them. The goal of this book is to assist individuals in confronting the first stages of the spiritual realm. This unique method of study, which encourages sharing this wisdom with others, not only helps overcome the trials and tribulations of everyday life, but initiates a process in which individuals extend themselves beyond the standard limitations of today's world.

One of the main tenets of shamanism is a belief in the power of rituals and ceremonies to manifest change in the physical world. Every shamanic school on the planet uses rituals and ceremonies as tools for personal transformation. In this book, shaman and New York Times bestselling author don Jose Ruiz explains many of the most popular rituals and ceremonies used in shamanism and instructs readers how to perform these rites on their own. This book is a how-to guide for creating power objects and animal totems and learning how to do soul retrieval, recapitulation, dream training, and more. The son of don Miguel Ruiz, the author of the world-renowned *Four Agreements*, don Jose Ruiz is a shaman in the Native American Toltec tradition.

To women the whole world over, perfume means glamour, and in the world of perfume, Jean-Claude Ellena is a superstar. In this one-of-a-kind book, the master himself takes you through the doors of his laboratory and explains the process of creating precious fragrances, revealing the key methods and recipes involved in this mysterious alchemy. Perfume is a cutthroat, secretive multibillion-dollar industry, and Ellena provides an insider's tour, guiding us from initial inspiration through the mixing of essences and synthetic elements, to the deluxe packaging and marketing in elegant boutiques worldwide, and even the increasingly complicated safety standards that are set in motion for each bottle of perfume that is manufactured. He explains how the sense of smell works, using a palette of fragrant materials, and how he personally chooses and composes a perfume. He also reveals his unique way of creating a fragrance by playing with our olfactory memories in order to make the perfume seductive and desired by men and women the world over. Perfume illuminates the world of scent and manufactured desire by a perfumer who has had clients the likes of Cartier, Van Cleef & Arpels, Bulgari, and Hermés.

This inspirational book blends elements of shamanism with inherited traditions and contemporary religious commitments. Drawing on shamanic practices from the world over, *SHAMANISM AS A SPIRITUAL PRACTICE FOR DAILY LIFE* addresses the needs of contemporary people who yearn to deepen their own innate mystical sensibilities. This inspirational book shows how to develop a personal spiritual practice by blending elements of shamanism with inherited traditions and current religious commitments.

Contents include: The central role of power animals and spirit teachers. Visionary techniques for exploring the extraordinary in everyday life. Elements of childhood spirituality including songs, secret hiding places, power spots, and imaginary power figures. A journey to an ancestral shaman to recover lost knowledge.

*Miracles Through Pranic Healing* -- all you need is a willingness to help yourself or your loved ones and to follow the step-by-step instructions. The results will follow. Within a week or two simple ailments can be healed . . . difficult ailments may take longer. This is the basic text used in Pranic Healing courses all over the U.S. While many Americans only work with seven basic chakras, in this process Master Choa also uses the minor chakras in the hands, feet, fingers, throat and neck. His methods for activating healing energy enable you to work with other people without the energy drain that many untrained intuitive healers experience. This is a useful introductory text, containing basic instructions, for any naturally sensitive person who has an interest in this form of healing.

Using inspirational stories to impart the ancient wisdom of the three Toltec masteries--awareness, transformation, and love--the author examines the common fallacies that can undermine love, and tells listeners how to gain wisdom, avoid fear, and end the battle for control with their partners.

In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic *The Way of the Shaman*. In this long-awaited sequel, he provides new evidence of the reality of heavens. Drawing from a lifetime of personal shamanic experiences and more than 2,500 reports of Westerners' experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and spirits they've encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional healing and advice. Written by the leading authority on shamanism, *Cave and Cosmos* is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death experiences, healing, consciousness, anthropology, and the nature of reality. Praise for Michael Harner and *The Way of the Shaman* "What Yogananda did for Hinduism and D. T. Suzuki did for Zen, Michael Harner has done for shamanism—namely, bring the tradition and its richness to Western awareness." —from *Higher Wisdom*, by Roger Walsh and Charles S. Grob "Wonderful, fascinating.... Harner really knows what he's talking about." —Carlos Castaneda, best-selling author of *The Teachings of Don Juan* and *The Active Side of Infinity* "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." —Stanislav Grof, author of *The Adventure of Self-Discovery* "Harner has impeccable credentials, both as an academic and as a practicing shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." —Nevill Drury, author of *The Elements of Shamanism* "Michael Harner is a great shaman. He also proves that a person can be both a scientist and a shaman." —Bo Bair Rinchinov, Siberian Buryat shaman

A traditional Native American healer from the Karuk tribe shares his personal story of reconnection to the Great Spirit in contemporary America. • By Bobby Lake-Thom, author of the bestseller *Native Healer*. • Provides Native American shamanic perspective on disease and healing. • Explores indigenous social identity in a spiritual and political context. • Reveals authentic indigenous traditions and ceremonies from numerous tribes. This redemption story of Native American healer Bobby Lake-Thom invites the reader to enter a world of authentic indigenous traditions and ceremonies. Bobby, also known as Medicine Grizzly Bear, didn't recognize his shamanic calling at first. He didn't know that his vivid dreams, psychic abilities, and visitations by wild animals and ghostly figures were calls from the Great Spirit. In the age-old shamanic tradition, it took a near-death experience for the message to get through to him. Though still a young man, he was wracked with debilitating arthritis. Unable to handle the physical and psychic pain, he set out into the wilderness determined to kill himself with an overdose of drugs and alcohol. But before downing the substances, he approximated a Native American ceremony as best he could, sending a heartfelt prayer for assistance to the Great Spirit. He woke up--alive--the next morning and received a message from Eagle, telling him to seek help from Wahsek, a medicine man in the northern mountains. And so Bobby's apprenticeship began. Forbidden to reveal Wahsek's secrets until 10 years after his death, Bobby is now free to share this fascinating story with the world.

Provides an introduction to the major religions of the ancient Mediterranean and explores current research regarding the similarities and differences among them.

This is the first comprehensive analysis of the belief structure and historical background of the New Age Movement. "New Age Religion" emerges as a thoroughly secularized form of western-esoteric traditions which can be traced back to the period of the Renaissance.

'The temple of Korean cosmetics' Vanity Fair This is the ultimate no-nonsense manual to daily Korean beauty care; in it you will find step-by-step morning and evening skincare routines, the best product advice and actionable tips on how to take care of your complexion. In this handbook, the experts in Korean cosmetics will also teach you how to use everyday beauty products, describe the natural ingredients that will best suit your skin type and give you advice on tried-and-tested Korean skincare regimes to make your skin glow. The Korean Skincare Bible will help you to feel truly confident in your own skin. Chapters: The history of Korean beauty The importance of caring for your skin Korean beauty products The Korean beauty routine Natural ingredients in Korean beauty Natural beauty K-beauty do's and don'ts Korean beauty trends Korean skincare answers Korean skincare tips for men Korean beauty travel tips

A fascinating and mysterious discipline, "Selfica" creates objects made of metal, inks and colors that can interact with the environment in a positive way. Selfic structures enhance personal well-being, sensitivity, and mental and physical balance. Be it jewelry, metal structures or paintings, Selfic devices also help their users to learn more about themselves and get in touch with energetic dimensions and information fields different from those in which we are normally immersed. Selfica, developed through the research and teaching of Oberto "Falco" Airaudi, founder of Damanhur, Federation of Communities, is actually an ancient art-science, already known and used by many peoples of the past. This book recounts the experiments of many researchers and enthusiasts as well as those of the author, who has personally participated in many exciting experiences. It is a journey into a new dimension where time, space, emotions and memory respond to laws which are very different from those we are used to...

Look 15 years younger in 2020 with Eva Fraser's easy facial workout \_\_\_\_\_ Facial Yoga is THE non-surgical way to achieve a facelift - and help you look 15 years younger! 'Facial exercises may significantly reduce signs of ageing' New York Times In the ORIGINAL facial fitness classic, Eva Fraser shows you how straightforward exercises can help eliminate dark circles, firm your jaw line, tone your neck, plump cheeks and so much more . . . leaving your skin with a natural, youthful glow. For nearly 40 years, Eva Fraser has been practicing her facial workout techniques - and the results are remarkable. The premise is simple: the muscles in your face, if left inactive, will become as saggy as those in any other part of your body. In order to tone them up, they need to be exercised. This book includes information on why the face ages, how skin works and what can be done about it, as well as the easy exercise plan that Eva swears by. \_\_\_\_\_ What do readers think? 'They really do work!' 5\* Reader Review 'I have only been doing them for 4 weeks and they have made a difference' 5\* Reader Review 'Eva Fraser gives a fool proof method to a younger face' 5\* Reader Review 'A chemical free way to firm up those looks!' 5\* Reader Review

An exploration of animal spirituality and the ability of animals to communicate with humans even in the afterlife • Chronicles the author's profound relationship with her dog, Brio, his ability to read her mind and emotions, and the messages she received from him after his death • Shares the author's research with animal communicators, psychics, and scientists specializing in animal intelligence such as Rupert Sheldrake • Explores animals' thoughts and feelings, interspecies communication and telepathy, animal souls and the afterlife, and animal reincarnation • Paper with French flaps Looking for companionship after a near-fatal car crash, Elena Mannes, an award-winning television journalist and producer, decided to get her first dog. But what she found with her dog Brio shook the foundations of her physical and spiritual worlds, sending her on a quest to discover the nature of his spiritual origins and to contemplate and seek out the possibility of interspecies communication--even after death. Soon after bringing her puppy home, Mannes realized that the master-companion relationship would not be possible with Brio, who quickly showed that he had a mind--and a spirit--of his own. A healer Mannes visited immediately focused on Brio, exclaiming that he was an old soul. Mannes's growing curiosity about the intelligence, emotions, and consciousness of Brio and other dogs led her to contact an animal psychic in California who described, with amazing accuracy, Brio's favorite walks and the author's apartment from the dog's point of view. Motivated by her experience, Mannes produced a filmed segment with Diane Sawyer featuring the same psychic, who described Sawyer's country house and her dog's favorite spots in the yard. Mannes's skeptical journalist background compelled her to investigate further. She delved into the world of animal communicators, psychics, and scientists studying animal intelligence, including Rupert Sheldrake, to find answers to her multiplying questions: Do animals have thoughts and feelings? Consciousness? Souls? Is interspecies communication possible? Can animals reincarnate? Spanning the entire life and afterlife of Brio, including his last days and his messages to the author after he passed on, this book also explores Mannes' investigations into the spiritual life of animals, offering a new understanding of the unbreakable bond between humans and animals. Mannes invites readers to move beyond the owner-pet relationship and shows us how to see animals as thinking, feeling, spiritual beings whose connections with us extend far beyond life and death.

Le essenze, uno dei più potenti doni della natura L'Aromaterapia identifica il complesso di azioni sulla salute fisica e psichica, prodotte dall'impiego di oli essenziali. È essenzialmente "olistica" e "naturopatica" in quanto, letta e compresa in tutti i suoi livelli e possibilità, ha un'azione globale ed è una delle discipline fondamentali della Naturopatia. Le essenze aromatiche sono certamente uno dei più potenti doni della Natura offerti all'uomo per il suo benessere. Agiscono su tutti i piani, da quelli più fisici e organici, fino ai piani sottili a cui arrivano grazie all'olfatto, che comunica direttamente, oltre che con l'ipotalamo, sede degli istinti, con il sistema limbico, sede delle emozioni, e l'ippocampo, luogo delle memorie. Il testo sviluppa anche lo studio degli oli essenziali più utilizzati. "Il miglior libro di aromaterapia per tutti in circolazione al momento" (Recensione) L'AUTORE: Luca Fortuna si Diploma in Naturopatia e Specializzazioni in Floriterapia, Nutraceutica e Fitoterapia presso Sapamod, Torino. Nel 1995 Corso di Erboristeria, Servizi Consulenza Scientifica Specchiasol, Verona, Italia. Nel 1996 Specializzazione in Aromaterapia, Academy of Aromatherapy, London, UK Accredited by the National Institute of Medical Herbalists (NIMH) Accreditation Board, Degree (3 years). Corsi e seminari inerenti l'aromaterapia. 1998-2006: oltre 200 seminari e corsi di varia natura, con partecipazione mista (frequentante\relatore). Pubblicazioni inerenti l'aromaterapia 1999 "Aromaterapia", Davide Cantagalli Editori, 2001 "Fitoterapia e aromaterapia", "Phitomedicine", 2004 "Aromaterapia", Mediamax, 2005 "Aromaterapia Sottile", Xenia Edizioni, 2006 "Aromaterapia per la mamma e il bambino", Xenia Edizioni, 2006 "Aromaterapia Naturopatica", ENEA Edizioni. Numerosi articoli pubblicati su varie riviste e periodici. "Aromacolor" ENEA Edizioni, "Chimica Biochimica" e "Metachimica degli oli essenziali" ENEA Edizioni,

"Psicoaromaterapia sciamanica" ENEA Edizioni. Consulente in Aromaterapia per ditte del settore in Italia e all'estero e docente in numerosi seminari per Farmacisti ed erboristi.

Conjure calm and summon serenity with Calming Magic, a soothing introduction to the healing energy of mystical practices, aromatherapy blends, crystal rituals, and more. Use the power of intention, ritual, and spellwork to craft a more peaceful, connected life with Calming Magic. Harnessing ancient wisdom and profound magic, this enchanted guide pairs mindfulness with mysticism to help readers support the body, mind, and heart in times of stress. Organized into three sections -- Peace, Clarity and Creativity -- Calming Magic offers a pathway to tranquility, from quieting anxious thoughts and focusing the mind to cultivating the imagination. Each section incorporates magical practice that fortify the body (with teas, yoga practices and home remedies), the mind (with meditations, spells and feng shui), and the heart (with crystals, tarot readings and rituals). With primers on the foundations of mystical practices, and creative DIYs to customize rituals and spells, this beautiful volume brings magic and harmony into today's hectic world.

The second volume in the Aromatica series builds on the fundamentals found in Volume 1: Principles and Profiles. This comprehensive clinical text delves further into the different profiles of essential oils and the proper applications for physiological and psychological functions as well as energetic and Chinese Medicines. Packed with charts depicting different functions and methods of administration, and an extensive catalogue of 40 new essential oil profiles, this is an indispensable guide for all complementary medicine practitioners.

This reference book marks a major advancement in the scientific use of flower essences, detailing 200 clinically proven combinations of Bach Flower essences for treating hundreds of psychological conditions at their source.

Turkish for 'Divine Light,' Ilahinoor can help transform our lives and co-create a new Earth. The closer we come to planetary awakening, the stronger is the potential for personal transformation, physical healing, and divine manifestation. The book you hold in your hands is a complete manual for a powerful healing practice known as Ilahinoor. This source energy can prepare us to ride the evolutionary wave that is coming our way and to manifest the divine human that slumbers within. "Ilahinoor is a well-woven journey drawn from prevailing scientific theory and ancient mythology to personal experience. Windrider effortlessly combines multi-cultural threads into a rich tapestry of hope and practical application – truly a comprehensive guide to understanding and awakening our divine expression." – Lisa Wimberger, Author of New Beliefs, New Brain "A right and left brained understanding of the upcoming earth and consciousness changes as well as a practical method to help us through those changes. Kiara's journey is an adventure story in itself, one that has taken him to a visionary perspective which he embodies with gentleness and humility." – Mary Lou Johnson, Founder, Canadian Holistic Nurses Association "The strength and flow of my Source connection has been greatly enhanced by my experiences with Ilahinoor. – Kimberley Jones, Author of Soul Whispers"

"Americans eat chicken more than any other meat. But our nation's favorite food comes with an invisible cost: its insidious effect on our health. In this extraordinary narrative, acclaimed journalist Maryn McKenna reveals how antibiotic use has altered the way we consume industrially raised meat, and its impact on our daily lives. Drawing on decades of research, as well as interviews with entrepreneurs, epidemiologists, and other specialists, McKenna spins an astonishing story of science gone wrong. In the middle of the last century, antibiotics fueled the rapid rise of chicken from local delicacy to everyday protein source. But with that spectacular growth came great risk. As resistance to new wonder drugs crept into the farming process, bacterial outbreaks became harder to treat. And the consequences-to agriculture, to human health, and to modern medicine-were devastating. Beginning with the push to make chicken the affordable entrée of choice and tracing its evolution to a global commodity and carrier of foodborne illness, McKenna shines a light on the hidden forces of industrialization, the repercussions of runaway antibiotic use, and the outcome for future generations. Taking readers from the first poultry farms on the Delmarva Peninsula to the little-known lab where the chicken nugget was invented and into today's factory farms, McKenna reveals that the history of chicken is as much about economics, politics, and culture as it is about what we eat. In these vivid pages, she gives voice to a vanguard of farmers, chefs, and activists who are seeking to return poultry to an honored place at the table-and are changing the way we think about food. Incisive and beautifully written, Big Chicken is a cautionary tale of an industry that lost its way-and shows us the way back to healthier eating"--Back cover.

Use the power of life force to live your highest potential. We all know what it's like to have a "charge" about something. It's a feeling of excitement, fear, sexual arousal, or irritation. But what we don't currently know is how to use charge for the behaviors we want to create. Charge is a word for the basic life force running through us. This force is crucial if we are to meet the challenges of difficult situations, heal past wounds and traumas, and manage the stress of modern life. Even more, it is essential for understanding how to master your own life force and become all you can be. This book makes an important contribution to the growing field of Energy Medicine, by looking at charge as the interface between mind and body, and the missing ingredient in Mind-Body healing. It brings the reader into a deep intimacy with their own life force, as well as an understanding of how charge runs their relationships, their children, their clients, and patients. It examines how we can become "overcharged" or "undercharged" and how to bring about balance through practices of charging and discharging. Each chapter gives simple exercises to put these principles into practice. World-renowned teacher, somatic therapist, best-selling author, and advanced yoga teacher, Anodea Judith, Ph.D., addresses all this and more in her groundbreaking book on mastering the life force. Taken from her decades of teaching on the subject and her doctoral work in Mind-Body medicine, this book contributes something entirely new to the literature on healing self and others.

How holographic patterns of information underlie our physical reality • 2017 Nautilus Silver Award • Includes myriad evidence from a wide range of cutting-edge scientific discoveries showing our Universe is an interconnected hologram of information • Explains how consciousness is a major component of the cosmic hologram of information, making us both manifestations and co-creators of our reality • Reconciles Quantum Mechanics and Einstein's Theory of Relativity by showing that energy-matter and space-time are complementary expressions of information Our understanding of the Universe is about to transform at all levels, from the tiniest Planck scale to the vast reaches of space. Recent scientific discoveries show that the information that upholds all of our modern technologies is exactly the same as the universal in-formation that underpins, pervades, and is all we call physical reality. Exploring how information is more fundamental than energy, matter, space, or time, Jude Currivan, Ph.D., examines the latest research across many fields of study and many scales of existence to show how our Universe is in-formed and holographically manifested. She explains how the fractal in-formational patterns that guide behavior at the atomic level also guide the structure of galactic clusters in space. She demonstrates how the in-formational relationships that underlie earthquakes are the same as those

