

The Gregg Braden Audio Collection Awakening The Power Of Spiritual Technology

"A previous edition of this book was published in hardcover under the title The turning point: creating resilience in a time of extremes"--Title page verso.

Argues that the solution to today's world of extremes is acknowledging the problems, embracing cooperation, and creating resilience.

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Could our deepest hurts reveal the key to a powerful form of prayer that was lost 17 centuries ago? What can we learn today from the great secret of our most cherished traditions? "There are beautiful and wild forces within us." With these words, the mystic St. Francis described what ancient traditions believed was the most powerful force in the universe – the power of prayer. For more than 20 years, Gregg Braden has searched for evidence of a forgotten form of prayer that was lost to the West following the biblical edits of the early Christian Church. In the 1990s, he found and documented this form of prayer still being used in the remote monasteries of central Tibet. He also found it practiced in sacred rites throughout the high deserts of the American Southwest. In this book, Braden describes this ancient form of prayer that has no words or outward expressions. Then, for the first time in print, he leads us on a journey exploring what our most intimate experiences tell us about our deepest beliefs. Through case histories and personal accounts, Braden explores the wisdom of these timeless secrets, and the power that awaits each of us . . . just beyond our deepest hurt!

Human by Design invites you on a journey beyond Darwin's theory of evolution, beginning with the fact that we exist as we do, even more empowered, and more connected with ourselves and the world, than scientists have believed possible.* * *In one of the great ironies of the modern world, the science that was expected to solve life's mysteries has done just the opposite. New

discoveries have led to more unanswered questions, created deeper mysteries, and brought us to the brink of forbidden territory when it comes to explaining our origin and existence. These discoveries reveal the following facts: - Fact 1. Our origin--Modern humans appeared suddenly on earth approximately 200,000 years ago, with the advanced brain, nervous system, and capabilities that set them apart from all other known forms of life already developed, rather than having developed slowly and gradually over a long periods of time.- Fact 2. Missing physical evidence--The relationships shown on the conventional tree of human evolution are speculative connections only. While they are believed to exist, a 150-year search has failed to produce the physical evidence that confirms the relationships shown on the evolutionary family tree.- Fact 3. New DNA evidence--The comparison of DNA between ancient Neanderthals, previously thought to be our ancestors, and early humans tells us that we did not descend from the Neanderthals.- Fact 4. A rare DNA fusion--Advanced genome analysis reveals that the DNA that sets us apart from other primates, including in our advanced brain and nervous system, is the result of an ancient and precise fusion of genes occurring in a way that suggests something beyond evolution made our humanness possible.- Fact 5. Our extraordinary abilities--We are born with the capacity to self-heal, to self-regulate longevity, to activate an enhanced immune response, and to experience deep intuition, sympathy, empathy, and, ultimately, compassion--and to do each of these on demand. In this book, New York Times best-selling author and 2017 Templeton Award nominee Gregg Braden crosses the traditional boundaries of science and spirituality to answer the timeless question at the core of our existence--Who are we?--and to reveal science-based techniques that awaken our uniquely human experiences of deep intuition, precognition, advanced states of self-healing, and much more! Beyond any reasonable doubt, *Human by Design* reveals that we're not what we've been told, and much more than we've ever imagined. In *If I Can't Have You*, bestselling author Gregg Olsen and co-author Rebecca Morris investigate one of the 21st Century's most puzzling disappearances and how it resulted in the murder of two children by their father. Every once in a great while a genuine murder mystery unfolds before the eyes of the American public. The tragic story of Susan Powell and her murdered boys, Charlie and Braden, is the only case that rivals the Jon Benet Ramsey saga in the annals of true crime. When the pretty, blonde Utah mother went missing in December of 2009 the media was swept up in the story – with lenses and microphones trained on Susan's husband, Josh. He said he had no idea what happened to his young wife, and that he and the boys had been camping in the middle of a snowstorm. Over the next three years bombshell by bombshell, the story would reveal more shocking secrets. Josh's father, Steve, who was sexually obsessed with Susan, would ultimately be convicted of unspeakable perversion. Josh's brother, Michael, would commit suicide. And in the most stunning event of them all, Josh Powell would murder his two little boys and kill himself with brutality beyond belief.

We solve our problems based upon the way we think of ourselves and the world. From peak energy and peak debt to failing economies and the realities of climate change, everyday life is showing us where we've outgrown the thinking of the past. It's also showing us where big changes in the world mean big changes in our lives. Through dramatic shifts in our jobs, our relationship to money, our health, and even our homes, it's clear that our lives are changing in ways we've never seen, to a

degree that we're not prepared for, and at speeds that we've never experienced. It's also clear that the thinking of the past is no longer enough to meet our needs today. A new, healthy, and sustainable world is emerging, and our ability to accept what it offers begins with our willingness to:

- Honestly acknowledge the facts of what we're up against.
- Embrace the new discoveries that reveal the role of cooperation in nature and human communities.
- Create resilience in our lives, families, and communities based upon five proven and sustainable principles.
- Through easy-to-understand science and the wisdom traditions of the past, The Turning Point identifies the extremes in the world that are reshaping our lives, the keys to thrive in the midst of the transformation, and the strategies to get us there.

The body can heal itself. Spontaneous healing is not a miracle but a fact of biology--the result of the natural healing system that each one of us is born with. Drawing on fascinating case histories as well as medical techniques from around the world, Dr. Andrew Weil shows how spontaneous healing has worked to resolve life-threatening diseases, severe trauma, and chronic pain. Weil then outlines an eight-week program in which you'll discover:

- The truth about spontaneous healing and how it interacts with the mind
- The foods, vitamins, supplements, and tonic herbs that will help you enhance your innate healing powers
- Advice on how to avoid environmental toxins and reduce stress
- The strengths and weaknesses of conventional and alternative treatments
- Natural methods to ameliorate common kinds of illnesses
- And much more!

The cutting edge of neurolinguistics meets the spiritual wisdom of the ages in a handbook of key words that literally rewire our brains. New discoveries in biology and the neurosciences are revealing how the structure of language--the words we think and speak--can actually change the way the neurons in our brains and hearts connect. But our ancestors understood this connection intuitively, thousands of years ago. They created specific word-patterns to provide comfort, healing, strength, and inner power in difficult times, and they encoded these powerful words in prayers, chants, mantras, hymns, and sacred writings to preserve them for future generations. Now beloved teacher and thought leader Gregg Braden cracks the code and puts these powerful words in your hands. Perfect as a pocket guide, a reference for spiritual study, or a gift to someone you love, this elegant, compact book contains Wisdom Codes that cut to the core of life's greatest tests, most challenging demands, and hardest lessons. You'll find chapters devoted to healing from loss and grief, facing your unspoken fears, finding certainty in the face of uncertain choices, and finding forgiveness, as well as ancient parables that offer a "fast track" to unraveling life's deepest mysteries. Each Wisdom Code--distilled from a quote, a scripture passage, or a parable--is accompanied by a brief discussion of what the code means, why it's important, and how to apply it in your life.

Tranceformers: Shamans of the 21st Century is the true story of this author's contact with a "dead" optics physicist colleague and the telepathic communication that sent him searching for scientific answers to his spiritual questions. Harper draws from this deep well of wisdom: astrology, biology, near-death experiences, paranormal psychology, quantum physics as well as Egyptian and Mayan cosmology overall. He does an excellent job of synthesizing massive amounts of information, making this shift of the ages comprehensible to the general reader. Clearly this is a necessary primer to understand the coming apocalypse of biblical

proportions in consciousness, climate, culture, and civilization. However, the theme of this book is that by learning to use trance-techniques employed by mystics, prophets, and shamans- one can unlock the mysteries of existence for themselves. Indeed this is the big idea behind the Eternal Return of the Sun of God in 2012: Self-Empowerment.

Seventeen hundred years ago, key elements of our ancient heritage were lost, relegated to the esoteric traditions of mystery schools and sacred orders. Among the most empowering of the forgotten elements are references to a science with the power to bring everlasting healing to our bodies and initiate an unprecedented era of peace and cooperation between governments and nations. In his groundbreaking new book, *The Isaiah Effect*, Gregg Braden turns to the Isaiah Scroll, perhaps the most important of the Dead Sea Scrolls discovered in 1946, to offer insight into a powerful form of ancient prayer. In *The Isaiah Effect*, Braden, author of *Awakening to Zero Point* and *Walking Between the Worlds*, combines research in quantum physics with the works of the prophet Isaiah and the ancient Essenes. He demonstrates how prophecies of global catastrophe and suffering may only represent future possibilities, rather than forecast impending doom, and that we have the power to influence those possibilities. In addition to describing multiple futures, the Isaiah texts take us one step further, clearly describing the science of how we choose our futures. Tracing key words of Isaiah's text back to their original language, we discover how he taught a mode of prayer that was lost to the West during Biblical editing in the fourth century. Braden offers detailed accounts of how elements of this mode of prayer have been applied in a variety of situations, ranging from healing life-threatening conditions to entire villages using collective prayer to prevail during the 1998 fires in southern Peru. In each instance, the correlation between the offering of the prayer and a shift of the events in question was beyond coincidence--the prayers had measurable effects! As modern science continues to validate a relationship between our outer and inner worlds, it becomes more likely that a forgotten bridge links the world of our prayers with that of our experience. Each time we engage ourselves, our loved ones, and our communities with Isaiah's life-affirming message of hope, we secure nothing less than our future and the future of the only home we know.

What if there was a technique for sounding the personal name of God that could change the world? . . . In this groundbreaking work, sound-healing pioneer Jonathan Goldman shares his incredible discovery of *The Divine Name*, a universal sound that, when intoned, can bring harmony and healing to ourselves and the planet. This name, encoded within our DNA, is the personal name of God, once found in the religious texts that link over half the world's population. Prohibited and then lost for nearly 2,500 years, *The Divine Name* is available once again. It is a sound that when vocalized has the ability to resonate both the physical body and subtle energy fields of anyone who intones it--irrespective of religion, tradition, or belief. It has the power to issue in a new era of human consciousness, uniting us in healing, peace, and oneness. *The Divine Name* is a step-by-step process of vibratory activation that will allow you to experience the power, majesty, and healing of this extraordinary sound. CD NOT INCLUDED."

In *Shamanism for Every Day: 365 Journeys*, shamanic practitioner and intuitive consultant Mara Bishop offers readers profound yet simple tools for weaving spirituality and healing into their busy lives. **DISCOVER YOUR UNIQUE PATH** For thousands of years, practitioners of shamanism have found healing and wisdom by connecting to their own spirits and the spirit that lives in all

things. Shamanism can be practiced by anyone. Wherever we are, the powers within the web of life and the keys to our personal evolution are available. In these pages, longtime shamanic practitioner and intuitive consultant Mara Bishop introduces the simple yet profound method of shamanic journeying. On this path you will: - Connect to your innate knowing, for calm and confidence in intense times. - Develop meaningful relationships with nature for healing and guidance. - Explore spiritual realms with the aid of compassionate spirits. - Learn to manifest your goals and visions through ceremony. With 365 unique journey topics that can be used in any order, or as meditations, Shamanism for Every Day offers an invaluable guide to anyone searching for a daily connection to the sacred.

In this compelling exploration of life, Gregg Braden merges the modern discoveries of nature's patterns (fractals) with the ancient view of a cyclic universe. The result is a powerful model of time—fractal time—and a realistic window into what we can expect for the mysterious year 2012 . . . and beyond. Applying fractal time to the history of the world and life, he proposes that everything from the war and peace between nations to the patterns of human relationships mirror the returning cycles of our past. As each cycle repeats, it carries a more powerful, amplified version of itself. The key: If you know where to look in the past, you know what to expect when the same conditions return in the present and future. For the first time in print, the Time Code Calculator gives you the tool to do just that! Through easy-to-understand science and step-by-step instructions, discover for yourself: • How the conditions for 2012 have occurred in the past, and what we can expect when they repeat! • The “hot dates” that hold the greatest threats of war and greatest opportunities for peace, as well as economic cycles such as the stockmarket collapse of 2008! • How Earth's location in space triggers cycles of spiritual growth for humans! • Your personal Time Codes for the key events of business, relationships, and change in your life! • How each cycle carries a window of opportunity—a choice point—that allows us to select a new outcome for the returning pattern! • What the 1999 ice cores from Antarctica reveal about past cycles of climate, global warming, Earth's protective magnetic fields, and what these things mean for us today!

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THE ART OF CREATIVITY is a practical guide to help you unlock your creative potential and find fulfillment and happiness in the process. Over the course of this practical and easy-to-follow guide, you will learn to take risks with your inner artist, ignore critics, release blocks and get into daily creative habits for greater productivity, happiness and balance. There is no better feeling than

getting into the creative flow, and by the end of this journey you will build better projects, ideas and artistic collaborations, and unearth creative solutions and innovations. Containing practical tools and exercises, alongside personal interviews with leading artists such as David Lynch and Paul McCartney, THE ART OF CREATIVITY will reveal a more fulfilled, passionate and creative you.

From the New York Times bestselling author of *Your Destiny Switch* and the successor to motivational legend Bob Proctor comes a step-by-step guide that makes running a business as easy as 1-2-3?based on the Proctor Gallagher Institute program What if someone told you that . . . ? You don't have to work hard to make a lot of money. You can set any goal you want and make it happen. You can change your whole life in less than 24 hours. You can cut your work time in half and double your income. You can achieve more success than you ever dreamed—and enjoy every single minute of it. It's not impossible. In fact, it's DARN EASY. If you think it takes long hours of stress-inducing, brain-numbing, back-breaking work to build a successful career or business, this book will change your mind. The simple truth is: once you put your mind to it, you can do just about anything. You can build a business that is not only profitable but sustainable, too. You can take your career to higher and higher levels, grow your profits quarter by quarter, increase your income year after year. And the best part is: you can do it with ease! The secret—according to bestselling author Peggy McColl and motivational expert Brian Proctor—is to find the joy in the work that you do. To be truly successful in business, you need to make an emotional investment in your dream as well as a financial one. This book is a wake-up call that will open your mind, fill your heart, and transform your life with a simple but powerful message: It's not hard to become rich, successful, and happy. It's a choice. And once you make that choice, it's easy. Whether you're growing a business, building a career, or simply trying to make more money, Darn Easy offers a proven formula for success. Learn how to:

- Work half as hard and profit twice as much
- Set goals that are achievable, sustainable, and downright enjoyable
- Build a network of good people you like doing business with
- Aim high and be specific—the sky's the limit!
- Let go of negative thoughts and watch positive things begin to happen
- Give yourself time to live your life and embrace your success

You'll discover step-by-step techniques for growing your business, healthier strategies for handling your money, and easier ways to increase your chances for success—along with a few reality checks you might need to cash. You'll also find invaluable tools to put in your personal toolbox, including a goal card, power life script, gratitude journal, accomplishment list, and so much more. There's no reason you can't be rich, successful, and happy. With the right attitude and the right tools, it's not hard at all. It's Darn Easy. Peggy McColl is the president and founder of Dynamic Destinies, Inc., and the author of the New York Times bestseller *Your Destiny Switch*. Brian Proctor is the VP of Business Development at the Proctor Gallagher Institute.

Learn how to energize and enhance your well-being on every level—physical, emotional, and spiritual—through hands-on exercises and guided meditations that provide direct experience with sound. As a therapeutic and transformative branch of energy medicine, sound healing offers powerful tools to tune up your health and wellness. Presenting a clear and solid foundation of core concepts, *Sound Healing for Beginners* shows how to apply innovative sound techniques to your daily life in order to balance your energy and manifest personal improvement. With chapters covering focused listening, the energetics of breathwork, activating your unique resonances and energy centers through vocal toning, using sound as a creative force for manifestation, and more, this accessible guide will help you harmonize your life with the remarkable benefits of sound healing.

Between 1993 and 2000, a series of groundbreaking experiments revealed dramatic evidence of a web of energy that connects everything in our lives and our world —the Divine Matrix. From the healing of our bodies, to the success of our careers, relationships, and the peace between nations, this new evidence demonstrates that we each hold the power to speak directly to the force that links all of creation. What would it mean to discover that the power to create joy, to heal suffering, and bring peace to nations lives inside of you? How differently would you live if you knew how to use this power each day of your life? Join Gregg Braden on this extraordinary journey bridging science, spirituality and miracles through the language of *The Divine Matrix*.

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Are we coming to the end of a cosmic cycle? Will there be an age of awakening, or even an end to the world we know? For the first time, the leading authorities on the 2012 phenomenon are all given voice in a single book: *The Mystery of 2012*. From the prophecies of the Mayan astronomers to modern predictions about social, ecological, and spiritual changes to our world, this comprehensive anthology offers you a chance to examine the mystery from every angle—and to decide for yourself whether 2012 will end with a whimper or a bang. Whether you're a skeptic, a true believer, or simply "2012 curious," here is a thought-provoking exploration of this approaching landmark in human history. The book includes essay by the following list of scholars, scientists, philosophers, and cutting-edge thinkers: Arjuna Ardagh José Argüelles, PhD Gregg Braden Carl Johan Calleman, PhD Gill Edwards Jean Houston, PhD Barbara Marx Hubbard Janosh John Major Jenkins Lawrence E. Joseph John Lamb Lash Ervin Laszlo Llewellyn Vaughan-Lee, PhD Meg Blackburn Losey, PhD Joanna R. Macy, PhD Karl Maret, MD Corinne McLaughlin James O'Dea Christine Page, MD John L. Petersen Daniel Pinchbeck Sharron Rose Peter Russell Robert K. Sitler Geoff Stray Jay Weidner

What would it mean to discover that everything from the DNA of life, to the future of our world, is based upon a simple Reality Code—one that we can change and upgrade by choice? New revelations in physics and biology suggest that we're about to find out! A growing body of scientific evidence suggests that our universe works like a Consciousness Computer. Rather than the number codes of typical software, our Consciousness Computer uses a language that we all have, yet are only beginning to understand. Life's reality code is based in the language of human emotion and focused belief. Knowing that belief is our reality-maker, the way we think of ourselves and our world is now more important than ever! For us to change the beliefs that have led to war, disease, and the failed careers and relationships of our past we need a reason to see things differently. Our ancestors used miracles to change what they believed. Today we use science. The Spontaneous Healing of Belief offers us both: the miracles that open the door to a powerful new way of seeing the world, and the science that tells us why the miracles are possible, revealing: why we are not limited by the "laws" of physics and biology as we know them today. Once we become aware of the paradigm-shattering discoveries and true-life miracles, we must think of ourselves differently. And that difference is where the spontaneous healing of belief begins.

Discover how to tap into your extraordinary human capacity for connection and healing using astonishing new findings about the miraculous power of group intention in this new book by the author of the international bestsellers *The Intention Experiment* and *The Field*. In *The Power of Eight*, Lynne McTaggart—whose “work has had an unprecedented impact on the way everyday people think of themselves in the world” (Gregg Braden, author of *The Divine Matrix*)—reveals her remarkable findings from ten years of experimenting with small and large groups about how the power of group intention can heal our lives and change the world for the better. When individuals in a group focus their intention together on a single target, a powerful collective dynamic emerges that can heal longstanding conditions, mend fractured relationships, lower violence, and even rekindle life purpose. But the greatest untold truth of all is that group intention has a mirror effect, not only affecting the recipient but also reflecting back on the senders. Drawing on hundreds of case studies, the latest brain research, and dozens of McTaggart's own university studies, *The Power of Eight* provides solid evidence showing that there is such a thing as a collective consciousness. Now you can learn to use it and unleash the power you hold inside of you to heal your own life, with help from this riveting, highly accessible book.

In this compelling revised edition of his book *The Turning Point*, best-selling author and visionary Gregg Braden merges his expertise in leading-edge science with present-day realities to reveal the strategies for embracing stressful change in our lives. This updated edition contains an all-new chapter not included in the original release, featuring material on the surprising discovery of brain-like cells – sensory neurites – located within the human heart, and the role they play in

creating personal resilience. The powerful heart-brain connection made possible by these cells is now recognized as a portal to the deepest levels of our intuition, as well as a gateway to the subconscious mind. This book gets to the heart of the fundamental question you have no doubt asked yourself in the face of the complexities and challenges of the modern world: How do I make everyday life better for myself and my family? Through his skillful synthesis of easy-to-understand science and real-life circumstances, Gregg uniquely provides the answer, describing:

- State-of-the-art discoveries that are the key to embracing big change in a healthy way
- The three shifts that will transform the way you think of your career, lifestyle, and finances
- The simple strategies of heart-based resilience that you can learn and use immediately for optimal health in our stressful world
- A template of strategies for resilient living for your family and community . . . and much more.

Gregg is an optimist, as well as a realist. His lifetime of work with indigenous cultures, combined with his scholarship in science and ancient traditions, gives him reason to believe in our ability to transform in a healthy way. To get to that point, however, we must be honest with ourselves. When the facts are clear, our choices become obvious and something beautiful happens. And it's the power of this simple truth that is the basis for Resilience from the Heart. Join Gregg on this intimate journey as he unlocks the mystery of the world's extremes . . . to reveal the power to thrive in life! Braden explores the miracles that open the door to a powerful new way of seeing the world, and the science that tells why miracles are possible.

Entanglement, the new novel based on the teachings of New York Times best-selling author Gregg Braden, explores the exciting world of quantum physics through the experiences of twin brothers. Charlie and Jack Franklin have always experienced life differently than your average brothers. As children, each was able to sense when the other was in danger, when the other was sad, or when the other was happy. However, as adults, these two brothers took different paths: Jack stayed in their hometown to practice his art and Charlie joined the army, only to be deployed to Afghanistan. After a frightening vision jolts Jack into consciousness, he begins his quest to get in touch with Charlie. Along the way, he encounters his high-school physics teacher, who helps him understand the connection the brothers have and the larger universal oneness of which we are all a part.

"By opening this Handbook for wise thinking and living, you open the door to your new identity, because across the threshold there is only the lightness of Being, and infinity in all directions."—Deepak Chopra

In *The Wisdom Principles*, Dr. Ervin Laszlo, authority in the fields of new science, consciousness, and spirituality, bridges the chasm between our understanding of science and the truths of spirituality, bringing an essential and timely message of wisdom to the world. Laszlo offers readers principles of empowerment that will guide the choices they make for years to come and will allow them to move confidently toward a better future. This book is the distillation of Laszlo's sixty plus years spent delving into the mysteries of science and a lifetime of keen spiritual insight. The nuggets of timely wisdom offered in *The Wisdom Principles*, and the timeless truths revealed on its pages, are a precious resource for wise thinking and living. As we stand at a crossroads of civilization there has never been a greater need for them than today.

Deepak Chopra, Neale Donald Walsch, and Gregg Braden are among the renowned thought-leaders who lend their voices to Laszlo's work, framing the book and underscoring the power of its life-changing principles.

Reveals common themes in today's most hotly debated issues, explaining how disparate opinions stem from false assumptions and how major conflicts can be resolved by making the most recent scientific discoveries available to all.

We've all heard stories of people who've experienced seemingly miraculous recoveries from illness, but can the same thing happen for our world? According to pioneering biologist Bruce H. Lipton, it's not only possible, it's already occurring. In *Spontaneous Evolution*, this world-renowned expert in the emerging science of epigenetics reveals how our changing understanding of biology will help us navigate this turbulent period in our planet's history and how each of us can participate in this global shift. In collaboration with political philosopher Steve Bhaerman, Dr. Lipton invites readers to reconsider: •the "unquestionable" pillars of biology, including random evolution, survival of the fittest, and the role of DNA; •the relationship between mind and matter; •how our beliefs about nature and human nature shape our politics, culture, and individual lives; and •how each of us can become planetary "stem cells" supporting the health and growth of our world. By questioning the old beliefs that got us to where we are today and keep us stuck in the status quo, we can trigger the spontaneous evolution of our species that will usher in a brighter future. .

THE DIVINE MATRIX Are the miracles that we see in the quantum world actually showing us our greatest possibilities rather than our scientific limits? Could the spontaneous healing of disease, an instant connection with everyone and everything, and even time travel, be our true heritage in the universe? There is a place where all things begin, the place of pure energy that simply "is." In this quantum incubator for reality, everything is possible. In 1944, Max Planck, the father of quantum theory, shocked the world by saying that this "matrix" is where the birth of stars, the DNA of life, and everything between originates. Recent discoveries reveal dramatic evidence that Planck's matrix - *The Divine Matrix* - is real. It is this missing link in our understanding that provides the container for the universe, the bridge between our imagination and our reality, and the mirror in our world for what we create in our beliefs. To unleash the power of this matrix in our lives, we must understand how it works and speak the language that it recognizes. For more than 20 years, Gregg Braden, a former senior aerospace computer systems designer, has searched for the understanding to do just that. From the remote monasteries of Egypt, Peru, and Tibet to the forgotten texts that were edited by the early Christian church, the secret of the Divine Matrix was left in the coded language of our most cherished traditions. It is verified in today's science. In this paradigm-shattering book, Gregg shares what he's found. Through 20 keys of conscious creation, we're shown how to translate the miracles of our imagination into what is real in our lives. With easy-to-understand science and real-life stories, Gregg shows us that we're limited only by our beliefs, and what we once believed is about to change!

What would it mean to discover an ancient language—a literal message—hidden within the DNA of life itself? What we once believed of our past is about to change. . . . A coded message has been found within the molecules of life, deep within the DNA in each cell of our bodies. Through a remarkable discovery linking Biblical alphabets to our genetic code, the "language of life" may

now be read as the ancient letters of a timeless message. Regardless of race, religion, heritage, or lifestyle, the message is the same in each cell of every woman, child, and man, past and present. Sharing all-new, fascinating research, Gregg Braden discusses the life-changing discovery that led him from a successful career in the aerospace and defense industries to an extensive 12-year study of the most sacred and honored traditions of humankind.

New in paperback (originally published as *Human by Design*): At the cutting edge of science and spirituality, New York Times best-selling author Gregg Braden explains that evolution is not the whole story of humanity--and offers a new understanding of our origins that can help us tap the extraordinary abilities we already have. What would it mean to discover we're designed to live extraordinary lives of self-healing, longevity, and deep intuition? Is it possible that the advanced awareness achieved by monks, nuns, and mystics--considered rare in the past--is actually meant to be a normal part of our daily lives? In this revelatory book, now available for the first time in paperback, five-time New York Times best-selling author and 2018 Templeton Award nominee Gregg Braden explains that we no longer need to ask these questions as "What if?" Recent discoveries ranging from human evolution and genetics to the new science of neuro-cardiology (the bridge between the brain and the heart) have overturned 150 years of thinking when it comes to the way we think of ourselves, our origin, and our capabilities. In this reader-friendly journey of discovery, Braden begins with the fact that we exist as we do, even more empowered, and more connected with ourselves and the world than scientists have believed in the past. It's this undisputable fact that leads to even deeper mysteries. "How do we awaken the extraordinary abilities that come from such an awesome connection?" "What role does our ancient and mysterious heritage play in our lives today?" Join Gregg as he crosses the traditional boundaries of science and spirituality to answer precisely these questions. In doing so he reveals a) specific tools, techniques, and practices to awaken our deep intuition on-demand, for self healing and longevity; and 2) concrete solutions to the social issues that are destroying our families and dividing us as people, including the bullying of young people, hate crimes, the growing epidemic of suicide, religious extremism, and more. When new discoveries prove that the existing human story is no longer based in fact, it's time to change the story. This simple truth is at the heart of the book you're about to read.

This book is a collection of 15 dialogues that occurred throughout the United States and Europe with Byron Katie. Some of the people who worked with Katie have painful illnesses, others are lovelorn or in messy divorces. Some are simply irritated with a co-worker or worried about money. What they all have in common is a willingness to question, with Katie's help, the painful thoughts that are the true cause of their suffering. In every case we see how Katie's acute mind and fierce kindness helps each person dismantle for themselves what is felt to be unshakable reality. Although these dialogues make fascinating reading—some are both hilarious and deeply moving at once—they are intended primarily as teaching tools. Each took place in front of an audience, and Katie never lost connection with that audience, repeatedly reminding each person in the room to follow the dialogues inwardly, asking themselves the questions the participant must

ask. The dialogue between Katie and these volunteers is an external enactment of precisely the kind of dialogue each person can have with their own thoughts. The results, even in the seemingly most dire situation, can be unimagined freedom and joy.

As always, his advice is both spiritual and practical. His words are as valuable today as when they were first written, and provide a welcome balm to uneasy souls in an uncertain world. The secret of life, of abundant life, with its strength, its felicity, and its unbroken peace is to find the Divine Centre within oneself, and to live in and from that, instead of in that outer circumference of disturbances—the clamours, cravings, and argumentation which make up the animal and intellectual man. These selfish elements constitute the mere husks of life, and must be thrown away by him who would penetrate to the Central Heart of things—to Life itself.

Distinguished rabbi, marriage and family therapist, kabbalist, and popular lecturer, Abner Weiss is extraordinarily qualified to write this book. In *Connecting to God*, he elucidates the teachings of Kabbalah, showing how the Ten Sefirot of the Tree of Life are the transformers of divine energy in our bodies and the building blocks of creation—Weiss calls them “our spiritual genome.” He has created a psychological system and diagnostic method from kabbalistic texts, and he uses these clinically tested interventions in his therapeutic practice. Here he tells twenty-eight stories of people he has helped liberate from their dysfunctional behavior, empowering them to achieve spiritual growth. With Rabbi Weiss as our guide, we can use this kabbalistic approach to psychology to inform our lives with its insights, rebalance what is out of kilter, and heal the emotional wounds we have suffered. *Connecting to God* is a wise, wonderful, and transformational book.

This timely and compelling anthology is a rousing call-to-action for all of us to help transform the world into a just, peaceful, and thriving one—featuring creative and practical solutions to the many crises facing humanity today. Humanity is currently facing a series of interconnected emergencies that threaten our very survival—from climate change to economic inequality and beyond. And yet, at the same time, a global shift towards harnessing our collective power to create a life-affirming future is flourishing. Featuring chapters by forty-three leading-edge contributors, such as Gregg Braden, Lynne McTaggart, Bruce Lipton, Jean Houston, Michael Bernard Beckwith, Ervin Laszlo, Joan Borysenko, Larry Dossey, and many more, *Our Moment of Choice* provides eye-opening and inspirational visions for a unified, peaceful, and thriving world. The time has come for all humanity to be united in purpose. This is our collective moment of choice, upon which our future depends.

For those inspired by *The Secret*, here are the tools to make the Law of Attraction work for them. Create the life you want, manifest money, weight loss, happiness and more, with this practical simple strategy.

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