
Download File PDF Wauters Ambika Growth Spiritual Awareness Energy Uniting Archetypes Their And Chakras

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CHAKRAS AND THEIR ARCHETYPES

UNITING ENERGY AWARENESS AND SPIRITUAL GROWTH

Linking classic archetypes to the seven chakras in the human energy system can reveal unconscious ways of behaving and serve as a valuable tool for transformation and healing. A 20-year veteran psychotherapist Ambika Wauters applies a variety of exercises, meditations, and affirmations to free clients from negative archetypes, enabling them to rise to higher levels of awareness and empowerment. Illustrations.

LIVING FROM THE HEART

Unlimited Publishing LLC *Greenia, a massage therapist, explores subtle energy healing and balancing in the new millennium. By blending discoveries from quantum physics with concepts of the powerful energies of the heart center, this book emphasizes the importance of energy therapies. Fully returnable.*

LIMITLESS POSSIBILITIES

LEARNING TO LIVE FROM THE HEART IN THIS NEW WORLD!

Xlibris Corporation *Each of us has felt the energy shift as the planet transitions into the fifth dimension. We have felt time speed up and felt energies that are at times so chaotic and unpredictable that we have been thrown off our usual course. Some of us have been rocked to our very core. We are asking ourselves “what is this and why is this happening?” We each have chosen to come to earth during this time of great transition. We are all here sharing our lives with each other, helping Mother Earth move into the Golden Age, the spiritual Age of Aquarius. This transition will complete on the date that the Mayan civilization predicted some 26,000 years ago, December 21st, 2012. There is much work to be done as we realize the need for the shift that must occur in our personal lives so that we can be in sync with the new fifth dimensional energy on this planet. As our world resets itself, so too must we reset ourselves. What this means to each of us is that it is time to understand the meaning of how to live more fully in the fifth dimension. Each of us must identify where we currently stand and where we need to go in order to experience the wonderment of fifth dimensional living. Why? Many of us may be existing as a two or a three dimensional person. The energies that sustain those dimensions no longer exist on this planet. So, the old ways of thinking or operating that produced success at one time no longer exist. It is now necessary for us, if we are to exist in harmony with our planet, to transition as well. If we choose not to transition, then frustration and anger will become paramount in our lives. The choice is up to us. To live in the fifth dimension is not only to experience the energy of magic and miracles but to learn that we can create all the perfection we desire in our lives by simply shifting our thinking into fifth dimensional thinking. We are able to see the perfection where formerly we saw the illusion of imperfection. This new vantage point allows us to become the center of our own reality and easily navigate through difficult individuals and challenging events while maintaining a state of balance and harmony. We are then able to turn possibilities into probabilities and probabilities into actualities! This journey begins with describing and identifying all of the unseen, but certainly not unfelt, influences in our lives that have been given to each of us to help us live our life on earth in the best and easiest manner possible. Each reader will be able to identify their birthright gift as well as the other gifts available to tap into and expand one’s energy thereby allowing this innate knowledge to grow and develop. All of the necessary techniques and tools are explained in detail in this book so that you can easily make the transition from your current dimension into the fifth dimension, allowing you to create a new future. You are able to learn and make friends with each of your bodies of consciousness and their respective inner child and together you begin a journey of healing. You, as parent of these inner children, learn how to set the stage and the rules so that everyone is playing by the same playbook. You learn that you may win as a team or you may lose as a team, but you are all on the same team working together to achieve that balance that allows you to maintain your newly found center. By removing fears one by one, each of us can transition from a place of fear into a place of love, learning to live from the heart. As we work towards this goal, we isolate and identify the negative emotions that have been growing and harvesting within. These negative emotions equate disease. This book is your guide to help acknowledge these fears, recognize and release them one by one creating a new you, a lighter you. We then experience a new energy, a more evolved energy, a higher vibrating energy, as we invite the energy of excellent health and balance into our bodies. It is here that*

REIKI I

EXPLORING THE BASICS

Margaret Cheasebro *Reiki Master Margaret Cheasebro gave me my first Reiki attunement. In her simple office dedicated to the art of healing, she shared her knowledge of this ancient Japanese healing art, answered my questions and reviewed the hand positions for self-healing and healing others. When I was ready, I took a seat in a chair and, with little talking, Margaret moved quietly around me, occasionally touching me lightly as she held her hands near my body. The Reiki energy flowed from God, through her, to me, reawakening an awareness that I have always been connected to this healing energy. Now I use the hand positions Margaret taught me to enhance my own health and share with family. - Nancy Coleman, Phoenix, Arizona. I feel very blessed to have experienced Margaret’s Reiki work for several years now. I always find it deeply relaxing, releasing stress, tensions, aches and pains. On one occasion she helped me release a very high level of stress that had caused a migraine headache after a co-worker passed away unexpectedly at work the day before. After this treatment, I felt very grounded, centered, peaceful, and was completely pain-free. I am very grateful for her work. - Wendy Buchanan, Farmington, New Mexico, LMT, LISW Many books exist with helpful information about learning the relaxing, healing art of practicing Reiki. What makes Reiki I: Exploring the Basics stand out is that it pulls together from many different sources a vast amount of information about Reiki that is helpful for anyone, whether they are thinking of learning about Reiki or have practiced it for a long time. The book includes information about how Reiki works, the origin and history of Reiki, the aura, the chakras and how they can affect a person’s health. It includes pictures and information about Reiki hand positions for healing yourself and hand positions for healing others. It addresses how those hand positions can help a person’s physical, emotional and spiritual well-being. It explains what foods, activities and thinking habits a person needs to practice in the days leading up to receiving the Reiki I attunement from a Reiki Master of your choice. There are so many details about Reiki to learn and remember. This book will give you what you need to know in an easy-to-read writing style. It is a valuable reference book for anyone studying or practicing Reiki. However, it is not a substitute for a Reiki I attunement. To get that attunement, you must attend a Reiki I workshop and receive an attunement given by a Reiki Master.*

PATH TO THE SOUL

Weiser Books *Path to the Soul provides an important evolutionary leap in the rapidly evolving understanding of our psychological and spiritual essence. Drawing from Hindu and Christian spiritual wisdom, biological medicine, psychiatric technique, and over twenty-five years of clinical experience, Dr. Bedi has created a highly effective and integrated treatment approach to problems associated with both medical and psychiatric illness. He explains the Hindu concepts of maya, karma, and dharma, and builds a bridge between psychological dis-ease and our intrinsic hunger for spiritual union. Each symptom is seen as a crucial whisper from our soul, and if we understand its message, it can lead us to psychological balance. Dr. Bedi guides us through the process of Kundalini diagnosis, showing how the use of life events, medical or psychiatric symptoms, relationship strengths and problems, and life goals and aspirations can help us determine our dominant and auxiliary chakras. Since our chakras are focal points where physical, emotional, developmental, and spiritual forces intersect, they provide a paradigm that usefully links physical, psychological, developmental, and spiritual dimensions. He explains how he has successfully helped many patients correct imbalances by learning to access and strengthen this energy. Throughout this book there are numerous examples of how Dr. Bedi’s patients have discovered what each individual eventually has to recognize; that our fulfillment, satisfaction, wholeness, and harmony can be reawakened when we touch the spark of divine light glowing within.*

CARDINAL JEAN-MARIE LUSTIGER ON CHRISTIANS AND JEWS

DISCOVERING THE SPIRITUAL HEROES WITHIN

Paulist Press "Written by an experienced practitioner, this book offers spiritual directors a road map to becoming more fully conscious and proficient in their work, helps directees learn to discern the good director from the not-so-good, and teaches both director and directee how to cope in less-than-ideal spiritual-direction situations. The author describes the four heroic archetypes - Sovereign, Warrior, Seer, Lover - and the antiheroic archetypes associated with each of them."--BOOK JACKET.

WOMAN MOST WILD

THREE KEYS TO LIBERATING THE WITCH WITHIN

New World Library Discover an Ancient Path to Power, Wisdom & Magick What do you think of when you hear the word witch? Through centuries of persecution, our society has been indoctrinated into thinking that witches are evil villains. Author and proud witch Danielle Dulsky debunks this interpretation and reveals the true nature of Witchcraft: an ancient spiritual path that rejects religious dogma in favor of female empowerment and a deep reverence for the Earth. In a collaborative, conversational tone, *Woman Most Wild* reclaims the Earth-centered power of aligning with our wildest, freest selves to create an inclusive world for all. The three keys to liberating your inner witch and owning your power are: • Wild Rhythm: aligning yourself with the cycles of nature • Wild Ritual: understanding the importance of ritual and ceremony • Wild Circle: bonding with like-minded seekers Dulsky's tools for embracing and experiencing the power of these keys, including moon rituals, healing meditations, yoga postures, circle work, and Goddess encounters, will guide you toward joining the cosmic dance befitting the divine, limitless woman you are.

REIKI III

Margaret Cheasebro When Margaret gives me a Reiki treatment, I feel so relaxed. I feel the tensions draining away. I feel the warmth of her hands envelop me, and I am at peace. - Karen Lozier, Eagleville, Missouri I have had the privilege of being under Margaret's hands several times for Reiki and other energy modalities as well as all three Reiki attunements. I have great respect for her as a true healer. With her background, natural ability, intent and wealth of experience in the healing arts, who better to write a book on Reiki than Margaret? I see this effort as a perfect blend of her strongest gifts: thorough researcher, talented writer, and a potent focus for facilitating healing. - Lisa Hamilton, Farmington, New Mexico, RN, Reiki Master, Cranio-Sacral Therapist Many books exist with helpful information about learning the relaxing, healing art of practicing Reiki. What makes *Reiki III: Mastering the Healing Art* stand out is that it pulls together from many different sources a vast amount of information about Reiki that is helpful for anyone, whether they are thinking of learning about Reiki or have practiced it for a long time. The book includes information about how to choose a Reiki teacher, illustrations of the Reiki Master symbols, how to draw them, and uses for them. It discusses the Hui Yin, also known as the perineum, which lies in the general area where our legs meet the trunk of our body. Reiki Masters need to know how to keep the Hui Yin muscles contracted when they pass attunements to students. One chapter discusses how Reiki affects our consciousness levels, and it offers methods of muscle testing others to help determine what clients need. The book includes some Reiki success stories, innovative ways to use Reiki, and what to charge for attunements. There are detailed instructions for how to give a Reiki I, Reiki II and Reiki III attunement. Each one is slightly different. Suggestions for how to conduct Reiki workshops are included as well as examples of how to print Reiki certificates on a computer to give to students after they receive an attunement. There are so many details about Reiki to learn and remember. This book will give you what you need to know in an easy-to-read writing style. It is a valuable reference book for anyone studying or practicing Reiki. However, it will not make you a Reiki Master. You must attend a Reiki Master workshop and get a Reiki Master attunement from a Reiki Master before you can teach Reiki and pass attunements.

TRIBES OF THE MOON

A BOOK OF OTHERKIN COVENTRY, SEASONAL RITUALS AND LUNAR MAGICK FOR ALL 13 MOONS

AuthorHouse In *Tribes of the Moon*, Otherkin author Lotuswulf re-envisions the long-standing ideas of a witches coven and provides a new shamanic view of the coven gathering. This book follows the cycle of a year through the lunar calendar with information about the name of each lunar month and the seasonal rites and rituals that correspond with it. Packed with rituals for groups or solitary work, the book goes on to include ideas for ritual pathworkings with six mystical and modern archetypes that have almost been lost or degraded by modern society.

AIDS, OPIUM, DIAMONDS, AND EMPIRE

THE DEADLY VIRUS OF INTERNATIONAL GREED

iUniverse It is a mistake to think that wars only concern armies involved in active engagement. Nothing is farther from the truth. The real forces of evil wage a financial war. The dark princes of debt finance have gained leverage over every important social, economic, and political institution—including the health care delivery system. In *AIDS, Opium, Diamonds, and Empire*, author Nancy Turner Banks draws the connections between free market strategies, the destruction of national sovereignty by the process of globalization, and AIDS as one of the health consequences of a neo-Darwinian philosophy. Through meticulous research, Banks found a medicalpharmaceutical- industrial complex that was taken over one hundred years ago by the titans of financial capitalism. Their aim was to create profit, not to conquer disease. This book of social history points to a cauldron of historical events that contributed to the HIV/AIDS crisis. *AIDS, Opium, Diamonds, and Empire* tells the dramatic story of a financial ideology that is damaging to everything that it means to be human. It is the story of profits over people. In the end, it is the story of hope and how we can regain our sanity and our health in a world gone mad.

BRAVE LEAP TO FREEDOM

Balboa Press We can only express to others what we are inside. If your life is not as it should be or if you are tired of dealing with certain people, then it is time for a good self-examination. Discover why you attract the same kind of relationships. Find out how to balance work and family so that your vitality is not depleted. Find out how to become a more supportive leader. Find out why you feel empty inside when all signs say that you should be happy. Find out why the very thing you try to avoid comes to haunt you despite your best intentions. A toxic relationship, no matter if they appear in your personal or professional life, is your test of the dark night of the soul. Let's explore what could be getting in the way of living free of generational and habitual cycles that cause chaos. This book is filled with relatable stories and self-help exercises to help you bridge over to your highest good.

THE 7 ENERGIES OF THE SOUL

AWAKEN YOUR INNER CREATOR, HEALER, WARRIOR, LOVER, ARTIST, EXPLORER, AND MASTER

Hierophant Publishing David Gandelman has helped thousands of students look within to find their own answers to life's big questions: Who am I? What am I here to do? How can I find happiness? Over the course of this journey, he began to notice that the overwhelming number of powerful life questions and conundrums his students encountered fell into seven categories, which he eventually realized were actually seven potent energies that existed within each individual soul. When any one or more of these energies is out of balance, our lives can become chaotic and unfulfilled. Now, in *The Seven Energies of the Soul*, Gandelman offers a detailed guide to each of these critical energies, as well as exercises and meditation practices that can help you evaluate your energetic strengths and weaknesses, and work toward spiritual and energetic balance. Spiritual masters throughout millennia have always taught that the answers to life's most tangled questions lie within. In the pages of *The Seven Energies of the Soul*, that ancient path lies clearly before you. Read this book, and take your first step toward authentic, transformative awareness.

THE ANGEL ORACLE

Connections Book Publishing Aims to show the reader how to work with angels in every-day life. The 36- card pack features Renaissance-style depictions of guardian angels and angel princes, along with explanations of their function and purpose.

CHAKRADANCE

MOVE YOUR CHAKRAS, CHANGE YOUR LIFE

Hay House Audio Books Balance your chakras to improve your life, with the powerful 'moving meditation' of Chakradance. If you like the idea of yoga, but not the challenging poses, Chakradance is for you. If you like the idea of meditation, but find it hard to sit still for more than a few minutes, Chakradance is for you. If you know you've got old 'baggage' to release, but find 'talking therapy' too awkward for words, Chakradance is for you. We all want to achieve that wonderful state of 'well-being' in which we feel happier, healthier, more grounded, more balanced, more fully ourselves and more fully alive! With Chakradance, more and more people are finding a way to achieve this. Our chakras are our energy centers (subtle, invisible, but essential to life), that hold mind, body and spirit together. The practice of Chakradance activates, tunes and balances your chakras, to improve your life. Eastern philosophies have long known about the dynamic inter-relationship of mind, body and spirit, and the West, thanks partly to advances in the field of neuro-science, is quickly catching up ... hence the growth of yoga, of mindfulness, and a whole new world of "well-being" practices. In this book, Chakradance(TM) founder Natalie Southgate explains how this gentle yet powerful 'moving meditation' practice actually works, including examples and stories from her own life and the lives of Chakradancers all over the world. She demonstrates how working with your chakras, using music, movement and mandalas, can help you discover a deeper connection to your true authentic self, leading you to the most wonderful feeling of vibrant well-being. The book also includes links to downloadable chakra-specific music tracks and guided meditations so you can try it for yourself.

CHANGE YOUR AURA, CHANGE YOUR LIFE

A STEP-BY-STEP GUIDE TO UNFOLDING YOUR SPIRITUAL POWER, REVISED EDITION

Penguin 2017 Nautilus Award Winner A new guide to the source of your spiritual energy--the aura--from renowned spiritual teachers Barbara Y. Martin and Dimitri Moraitis. Discover your source of unlimited spiritual energy! Everything you think, feel, and do radiates a spiritual energy that comes through in various colors and hues: This is your aura. The aura is your spiritual blueprint. By changing the quality of your aura, you can automatically change the quality of your life. In this groundbreaking book, renowned aura expert Barbara Martin, known as the Mozart of Metaphysics, leads you through her technique for improving the aura--a technique she has taught to thousands. -Whether you see auras or not, this breakthrough book reveals: -What the various colors of the aura mean and say about you. -How to work with the power rays of spiritual enrichment--including love, prosperity healing, and wisdom. -More than 90 meditations to deepen personal relationships, advance your career, and transform destructive emotions. -How to become more spiritual and closer to God.

THE GREAT WORK

SELF-KNOWLEDGE AND HEALING THROUGH THE WHEEL OF THE YEAR

Llewellyn Worldwide Fusing ancient Western spirituality, energy work, and psychology, *The Great Work* is a practical guide to personal transformation season by season. Learn to be truly holistic by incorporating key physical, emotional, and energetic practices into your life at times when the natural tides are in harmony with your process. The Great Work captures the core essence of each festival with eight key themes that span the annual cycle—a cycle that reflects human development and experience. Discover how Yule can alleviate a painful childhood, how Beltane can facilitate conscious relationships, and how Mabon can assist with determining your life's purpose. Find guidance through daily journal questions, elemental meditations, and the author's unique energy-healing technique of Hynni. With this invaluable resource for your journey of inner alchemy, you'll develop an intimate connection with the earth's impulse to create balance and harmony. Praise: "Tiffany Latic weaves together psychology, myth, meditation and keen observation of the natural world, creating an invaluable and original resource for healing work of all kinds. Inviting and accessible to all readers."—Elizabeth Cunningham, author of *The Maeve Chronicles* "The Great Work presents inspiring insights and practical exercises that help unlock the alchemical mysteries at the heart of the Eightfold Path, and which facilitate a deep connection with the cycles of nature as they reveal their transformational powers in all of us."—Jhenah Telyndru, author of *Avalon Within*

INNER RADIANCE, OUTER BEAUTY

A new beauty guide for women promotes a holistic mind/body/spirit approach to achieving that elusive goal as it presents a twenty-one-day program for regaining health and beauty and offers advice on how to cope with aging, a negative self-image, and a lack of self-esteem. Original. 25,000 first printing.

ESSENTIAL ENERGY BALANCING

AN ASCENSION PROCESS

Crossing Press Let Diane Stein and ESSENTIAL ENERGY BALANCING show you how to be all that you can be. Essential Energy Balancing® is an ascension [enlightenment] process—one of total healing. The karmic suffering we're born with, for the most part, is implacable. Now it can be changed, lovingly, with a simple formula and the blessings of the Lords of Karma—the keepers of our souls' evolution. Part I of Essential Energy Balancing® teaches the easy self-healing methods that change suffering into wellness and inner peace. Part II is a series of ten energy reprogramming meditations that lead to ascension and bring out your Goddess-Within. Part III is a discussion of energy anatomy and of who we really are—a highly complex system.

BIBLIOGRAPHIC GUIDE TO PSYCHOLOGY

THE COMPLETE IDIOT'S GUIDE TO CHAKRAS

RENEW YOUR LIFE FORCE WITH THE CHAKRAS' SEVEN ENERGY CENTERS

Penguin Get into the spirit of chakras. In the last decade, as Westerners have become more familiar with Eastern medicine, the term "chakra" has entered the mainstream lexicon. The Complete Idiot's Guide® to Chakras introduces both the major and minor chakras - energy centers along the nervous system that are said to revitalize both the body and the spirit - and explains their qualities, the signs of balance and imbalance, and the healing techniques for each, teaching readers how to enjoy healthier lives. *The most comprehensive and up-to-date guide on the subject *"Realigning your chakras" is popular in spas, yoga, massage, Reiki

DIGITAL DHARMA

A USER'S GUIDE TO EXPANDING CONSCIOUSNESS IN THE INFOSPHERE

Quest Books Digital Dharma has something for everyone. It is for technology experts and yoga fanatics alike. Whether you're simply seeking the spiritual, already practicing a spiritual tradition, or a Body-Mind-Spirit reader with ambivalent feelings about your computer and cell phone, this book will guide you on the path toward a new consciousness. Similarly, novices of the digital world, media junkies, and technology "utopians" who understand at some level there is much yet to be learned from the Infosphere, will all find intriguing, useful material here.

THE TRAUMA TOOL KIT

HEALING PTSD FROM THE INSIDE OUT

Quest Books 2013 Nautilus Silver Award Winner! In 2010 the Department of Veterans Affairs cited 171,423 Iraq and Afghanistan war veterans diagnosed with PTSD, out of 593,634 total patients treated. That's almost 30 percent; other statistics show 35 percent. Nor, of course, is PTSD limited to the

military. In twenty years as a therapist, Susan Pease Banitt has treated trauma in patients ranging from autistic children to women with breast cancer; from underage sex slaves to adults incapacitated by early childhood abuse. Doctors she interviewed in New York report that, even before 9/11, most of their patients had experienced such extreme stress that they had suffered physical and mental breakdowns. Those doctors agree with Pease Banitt that stress is the disease of our times. At the 2009 Evolution of Psychotherapy conference Jack Kornfield noted, "We need a trauma tool kit." Here it is. Most people, Pease Banitt says, experience trauma as a terminal blow to their deepest sense of self. Her techniques restore a sense of wholeness at the core level from which all healing springs. The uniqueness of her book lies in its diversity and accessibility. She assesses the values and limitations of traditional and alternative therapies and suggests methods that are universally available. Almost anybody can grow some lavender in a pot, she notes, or find a tree to sit under, a journal to write in, or Epsom Salts in which to soak. They can learn exercises of the mind and breath work to regulate the body. Besides such resources, Pease Banitt's tools for healing include: Skills to build a first-aid kit to respond to any traumatic event Insight into the causes of stress mentally and physically Motivation to deal with stress sooner rather than later An insider's knowledge about maintaining health The ability to make good decisions for effective interventions Increased resilience to overwhelming events She closes with a look at public policy and public health issues and the need for new therapeutic models. If trauma is the disease of our time, then healing from trauma individually and globally can pave the way for a brighter future. This book provides the tools.

WE ARE THE ANGELS

HEALING YOUR PAST, PRESENT, AND FUTURE WITH THE LORDS OF KARMA

Crossing Press The possibilities for healing our energy, ourselves, and our planet are explored in *WE ARE THE ANGELS*, the groundbreaking book from Diane Stein. Based on the premise that the Earth and all beings are one, she masterfully presents a detailed understanding of Karma—the accrued lessons of past lifetimes continuing in the present—and the process of healing and releasing karmic patterns and situations. We are introduced to the Lords of Karma, the supreme karmic record keepers working for our benefit at all times, able to grant requests for changed or released karma to those who ask for it. *WE ARE ANGELS* will appeal to everyone longing to remove suffering and obstructions from their current and past lives.

DIVINE GUIDANCE

HOW TO HAVE A DIALOGUE WITH GOD AND YOUR GUARDIAN ANGELS

Macmillan An unique guide offers basic tips and techniques for communication with God and the angels by exploring *The Four Clairs*--Clairaudience or clear hearing, Clairvoyance or clear seeing, Claircognizance or clear knowing, and Clairsentience or clear feelings--the portals needed for obtaining divine counsel. Original.

AWAKENING CONSCIOUSNESS

FINDING A LARGER VERSION OF SELF

Balboa Press Shifting from a deep depression to a spiritual awakening experience and seeing Divinity everywhere is not something that anyone expects or that someone sets off to accomplish. But that is what happened to Lindsay as she does everything she can think of to feel better. It is quite an amazing journey of discovery. While this type of spiritual experience is not exactly main stream, she has been able to make sense out of her life story and connect with people who seem to have had similar experiences. To those who are awakening to an expanded version of self, Lindsay wants to say, You are not alone. Everyone is waking up into greater consciousness and eventually to experience Oneness. For those who are trying to make sense of this epic shift in consciousness that is happening through us Lindsay offers some insight and choices. The message she wants to share from experiencing God or Cosmic Consciousness is this; I want everyone to know that everything that happens is perfect. We are perfect and loved just the way we are. There is nothing that you need ever fear, because you are loved beyond anything that you can imagine. You are one with that love and all that is.

EASTERN BODY, WESTERN MIND

PSYCHOLOGY AND THE CHAKRA SYSTEM AS A PATH TO THE SELF

Celestial Arts Revised edition of the groundbreaking New Age book that seamlessly merges Western psychology and science with spirituality, creating a compelling interpretation of the Eastern chakra system and its relevance for Westerners today. In *Eastern Body, Western Mind*, chakra authority Anodea Judith brought a fresh approach to the yoga-based Eastern chakra system, adapting it to the Western framework of Jungian psychology, somatic therapy, childhood developmental theory, and metaphysics and applying the chakra system to important modern social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment. Arranged schematically, the book uses the inherent structure of the chakra system as a map upon which to chart our Western understanding of individual development. Each chapter focuses on a single chakra, starting with a description of its characteristics and then exploring its particular childhood developmental patterns, traumas and abuses, and how to heal and maintain balance.

CONSCIOUS INK: THE HIDDEN MEANING OF TATTOOS

MYSTICAL, MAGICAL, AND TRANSFORMATIVE ART YOU DARE TO WEAR

Red Wheel/Weiser There is hidden, powerful wisdom in tattoos. Did you ever think of your tattoo as a charged body talisman or a portal into your spiritual self? Ancient cultures practicing shamanic tattooing laid the groundwork for our modern exploration of consciousness. Tattoos are both a revelation and a proclamation of your embodied archetypes, dreams, emotions, even a hint of past-life memories. *Conscious Ink* shows how this edgy skin art interfaces with our body's subtle energy field and reveals how tattoo imagery ties into the potent energy of inner alchemy that expands our self-awareness. Are you prepared to: Find out how/why intention is the moving force behind your tattoo's vibration? Do you bring on good luck or bad juju? Understand why the piercing of your skin and drawing of blood forms a symbolic link into the energy field of your tattooist? Explore how tattoos reveal past-life/current-life emotional memory? Discover how tattoos can shift the emotional energy stored in certain body areas? Mindful inking can be an amazing modality that awakens your spiritual self. Looking at tattoos beyond the lens of body art, *Conscious Ink* gives you a new perspective on tattoos and their undeniable roots in pure, magic and mysticism.

INITIATION OF THE SOUL

MYTHS AND FAIRY TALES AS A PATH OF AWAKENING TO FREEDOM AND WHOLENESS

Balboa Press We are in the midst of an epic evolution in consciousness that involves a radical shift in orientation from the ego to the heart and soul. This transformative process requires a breaking down of the old form, which we are witnessing personally and collectively, to create the space for something new to emerge. As we live from the soul and express our deepest truths, we actively participate in this change. Life experiences may seem as though they're random, but in fact they have an intention, deeper meaning, and purpose, which is to facilitate this transformation within us. Everything is occurring to free us from our old beliefs, outdated ways of living, and any limiting ideas we have about life and ourselves. In *INITIATION OF THE SOUL*, Dr. Pamela Alexander explores the soul's journey through myth and classic fairy tales. In the initiatory mythic story of "Psyche and Amor," the goddess of love orchestrates events in order to awaken the soul from its slumber. The heroine faces challenging tasks that draw the deeper truth of the soul's inherent wholeness, freedom, and power out of the unconscious and into an embodied awareness. Dr. Alexander proceeds from there to explore fairy tales that speak to the issues that arise during the soul's emergence. These stories symbolically instruct us as to how to resolve our fears and open to love. As inner restrictions are resolved, we can embody expanded versions of ourselves and become more stable in a chaotic and uncertain world. The stories guide us to free the soul from an egoic identification, which is buffeted by the winds of change and the opinions of others, to the unshakeable ground of being within. Then, we are empowered to live in freedom and wholeness as we participate in the creation of a new world.

ILLUMINATING THE WAY

EMBRACING THE WISDOM OF MONKS AND MYSTICS

Ave Maria Press Popular author of eight books and abbess of the online retreat center Abbey of the Arts, Christine Valters Paintner explores how the lives and spirituality of twelve monks and mystics offer distinct patterns of thought that will lead you to a deeper understanding of your strengths and areas of growth and will guide you on the path to your true spiritual identity. In *Illuminating the Way*, Christine Valters Paintner takes you on a journey through your inner life accompanied by twelve great monks and mystics from the Christian tradition. Each figure invites you to discover the energy and potential of a particular archetype--the inner sage in Benedict; the inner visionary in Hildegard of Bingen; and the inner orphan in Dorothy Day. From the prophet Miriam of the Hebrew scriptures to twentieth century monk Thomas Merton, Paintner offers an array of challenging and enlivening models to explore. Paintner is beloved by readers for her creative practices, guided meditations, and beautiful prayers and poems, and she has included all of these elements in her new book to further explore the image associated with each mystic. Her insightful reflections on key selections of each mystic's writings will help you gain greater self-knowledge and experience a deeper encounter with God. Each chapter also includes a full-color painting of each monk or mystic by Marcy Hall with commentary by Paintner and scripture passages and mediations by Paintner's husband, John. Supplemental materials, including a CD with music, a DVD with movement prayers, and a book that includes images, poems, and music notations are available on Paintner's website AbbeyoftheArts.com.

WRITER'S GUIDE TO BOOK EDITORS, PUBLISHERS AND LITERARY AGENTS, 2001-2002

WHO THEY ARE! WHAT THEY WANT! AND HOW TO WIN THEM OVER!

Prima Lifestyles The classic reference guide for book authors has been completely revised and updated with the names and specific areas of interest of thousands of editors at over 500 book publishing houses.

ARCHETYPAL CHAKRA

MEDITATIONS AND EXERCISES OF OPENING YOUR CHAKRAS

Weiser Books This fascinating book explores the specific nature and symbolism of each chakra, showing that the path of the chakras is the path of self-actualization. The author uses examples from his practical experience to link Jung's message of individuation to the energy flow of the chakra system. Simple physical exercises are used as daily meditations to open the interpretive strength of the chakra symbols. The color of the chakras and the experience of personal chakra animals support a spiritual and therapeutic process. The author also shows that the path of the chakras corresponds to the inner structure of some fairy tales and Biblical texts specifically showing the chakra path as the path of Jesus and presenting the Lords Prayers as a chakra meditation. Ultimately, the path of the chakras is the path of becoming whole, the path of life for each of us.

RECURRING DREAMS

A JOURNEY TO WHOLENESS

The intriguing story of the author's 35-year adventure with a dream character named Victor Biento, "Recurring Dreams" focuses on such dream elements as metaphors, dialogues, and feminine and masculine principles.

THE CHAKRA BIBLE

THE DEFINITIVE GUIDE TO WORKING WITH CHAKRAS

Sterling Publishing Company A comprehensive introduction to chakras, featuring the seven major energy centers of the body, their function, and the ideal way to heal and balance them, details each of the chakras, their associated color, Indian deity, healing stone, and emotional and physical actions and includes step-by-step yoga exercises. Original.

WHEELS OF LIGHT

CHAKRAS, AURAS, AND THE HEALING ENERGY OF THE BODY

Simon and Schuster 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.

INSTANT CALM

OVER 100 SUCCESSFUL TECHNIQUES FOR RELAXING MIND AND BODY

Puffin Instant calm is put forward as a goal for enjoyment of life and coping with crises. The hundred techniques include meditation, psychotherapy, self-hypnosis, exercise, diet, aromatherapy, power breathing, breaking patterns, fresh air and silence. Chapters describe dealing with specific fears, what to do in a crisis, and long-term solutions. With index. By the author of 'The Calm Technique'.

THE COMPLETE BOOK OF CHAKRA HEALING

ACTIVATE THE TRANSFORMATIVE POWER OF YOUR ENERGY CENTERS

Llewellyn Worldwide Cyndi Dale's *New Chakra Healing* established a new standard for healers, intuitives, and energy workers worldwide. It expanded the seven-chakra system to thirty-two, including twenty spiritual points serving as catalysts for dynamic change. This comprehensive expanded edition of her classic guide, with more than 150 pages of new information, features an abundance of original material and illustrations: —A new introduction with true stories from Cyndi Dale's healing practice —Illustrations of the energetic nature of diseases, so they can be better understood and addressed —Detailed descriptions of energetic bodies and fields found nowhere else, such as the energy egg, zones of existence, a three-part kundalini system, and dozens of others —A wealth of information on healing the earth as you heal yourself *The Complete Book of Chakra Healing* will help you integrate the powerful forces of your energy body into your everyday life for better health, increased happiness and creativity, and a stronger awareness of your life's true purpose.

WRITER'S GUIDE TO BOOK EDITORS, PUBLISHERS AND LITERARY AGENTS, 1999-2000

WHO THEY ARE, WHAT THEY WANT AND HOW TO WIN THEM OVER

Prima Lifestyles Over the years, "Writer's Guide to Book Editors, Publishers, and Literary Agents has helped thousands of writers just like you get their books published. With the best and most up-to-date listings of key book publishing insiders, "Writer's Guide gets you past the reject piles and into the hands of the right people. Nowhere else will you find the detail, the insight, the depth. Nowhere else will you find the solid inside information. "Writer's Guide is your key to book publishing success. It gets you inside. It gets you noticed. Your talent will do the rest. "Beats the pants off "Writer's Market." -- Michael Werner, coauthor of "Databases for Businesses and "Using Lotus 1-2-3 "This guide started my book publishing career." --Marcos McPeek Villatoro, author of "A Fire in the Earth, They Say That I Am Two, and "Walking to La Milpa "The finest lead source that I've ever seen. A must buy for every

writer, published or not!" --Derek Savage, author of "The Second Coming and "The Dancer "Invaluable information, from query letter to book proposal. This book has made my dreams come true." --Eileen Oster, author of "The Healing Mind "This book got my foot in the door." --Wynn Goldsmith, writer "A masterpiece. I have never found so much practical information in this type of book before." --Walter Lambert, author of "Healing the Trauma of Divorce "As a writer and literary agent, this book has been invaluable." --Mary N. Oluonye, O-Squared Literary Agency "Jeff Herman has crammed a generous helping of information and advice into this invaluable book." --Paul Nathan, "Publishers Weekly ""Writer's Guide haseclipsed both "Literary Market Place and "Writer's Market as a source of projects for our agency. At least a third of our sales last year came as a result of this book." --Michael Snell, Michael Snell Literary Agency About the Author /Jeff Herman is founder of The Jeff Herman Literary Agency, one of New York's leading agencies for writers. He has sold hundreds of titles and represents dozens of top authors.

AMERICAN BOOK PUBLISHING RECORD

DISCOVER YOUR MASTER CHAKRA

REVEAL THE SOURCE OF YOUR SPIRITUAL GIFTS

Llewellyn Worldwide You were born on a ray of light, born into a life purpose that lets you manage one chakra more than the rest, to create a dominant vibration within and without yourself. That is your master chakra, and it defines who you are and how you interact with others. Discover Your Master Chakra guides you in using your main chakra to achieve greater love, harmony with self and others, and fulfillment in life. Designed for beginners and beyond, this insightful book helps you: Find out what your master chakra is through a simple quiz Learn about the seven soul-ray colors and which one corresponds to your master chakra Explore your spiritual gifts, and those of your family and friends, through a workbook on each color Use your newfound knowledge to change your reality and improve your relationships with all beings Providing detailed information on each of the chakras and related spiritual gifts, Discover Your Master Chakra shows you how to best use your areas of giftedness and life's work to increase your master chakra's power and influence. Praise: "Anyone wanting to understand themselves better will find that Larsen's work offers a clear-cut, alternate point of view."—Library Journal

VEGETARIAN AND PLANT-BASED DIETS IN HEALTH AND DISEASE PREVENTION

Academic Press Vegetarian and Plant-Based Diets in Health and Disease Prevention examines the science of vegetarian and plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-based diets in a comprehensive, balanced, single reference that discusses both the overall benefits of plant-based diets on health and the risk of disease and issues concerning the status in certain nutrients of the individuals, while providing overall consideration to the entire spectrum of vegetarian diets. Broken into five sections, the first provides a general overview of vegetarian / plant-based diets so that readers have a foundational understanding of the topic. Dietary choices and their relation with nutritional transition and sustainability issues are discussed. The second and third sections provide a comprehensive description of the relationship between plant-based diets and health and disease prevention. The fourth section provides a deeper look into how the relationship between plant-based diets and health and disease prevention may differ in populations with different age or physiological status. The fifth and final section of the book details the nutrients and substances whose intakes are related to the proportions of plant or animal products in the diet. Discusses the links between health and certain important characteristics of plant-based diets at the level of food groups Analyzes the relation between plant-based diet and health at the different nutritional levels, i.e. from dietary patterns to specific nutrients and substances Provides a balanced evidence-based approach to analyze the positive and negative aspects of vegetarianism Addresses the different aspects of diets predominantly based on plants, including geographical and cultural variations of vegetarianism