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# 50 Spiritually Powerful Meditations

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Sacred Practices to Release Negative Energy and  
Harmonize Your Life

Concise Explanations of Phenomena Encountered  
on the Spiritual Path

Mindfulness and Meditation For Dummies, Two  
eBook Bundle with Bonus Mini eBook

Meditation Case Studies

Metaphysical Awareness for a New Century

50 Meditations for Energy, Awareness, and  
Connection

Breakthrough Therapies

Mystic Journeys

Yoga Journal

Spiritual Clearings

Natural Health

Discover the Freedom of Pure Awareness

Mindfulness For Dummies, Meditation For  
Dummies, and 50 Ways to a Better You

The Book of Crystal Acupuncture and Teragram  
Therapy Diagrams

50 Spiritually Powerful Meditations

Communiques from the Inner Life

50 Questions For Every Spiritual Seeker

Simple Meditation

Quantum Entanglement: A Paranormal Point Of  
View

The Rejection Syndrome

50 Spiritual Classics  
The Way To Oneness Revisited  
AA Members Share the Many Ways They Connect Spiritually  
Earth Energy Meditations  
Meditations for All the Days of the Year  
The Definitive Guide to Meditations for Every Purpose  
Started But Never Finished  
A Spiritual Connection for Transforming Your Life  
Aldous Huxley and Alternative Spirituality  
Pro-Life, Pro-Choice, Pro-Spirit!  
The Anxiety Cure  
True Meditation  
A Spiritual Treasury for the Children of God: consisting of a meditation for ... each day in the year, upon select texts of Scripture, etc  
Mystic Journeys  
Is Your Child a Hero, Star, Indigo, Crystal, Or Liquid Crystal Child?  
Timeless Wisdom From 50 Great Books of Inner Discovery, Enlightenment and Purpose  
Prayer & Meditation  
Scientific Vortex Information  
Crystal Acupuncture and Teragram Therapy  
Awaken Your Root Chakra—The Foundation of Well-Being

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**ALLIE POWERS**

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Sacred Practices to  
Release Negative

Energy and Harmonize  
Your Life North Atlantic  
Books

"Eventually", I had all the intellectual answers. I tried desperately to apply this knowledge in my professional and family lives. I pointed out the error of our ways to those who sought my counsel. Many were glad to receive my advice, but those closest to me had deaf ears. My pain and anger climaxed into a massive breakdown. I was dying. I was drowning in "The Rejection Syndrome." In our daily lives, all of us experience moments of rejection, either by ourselves or from others, that create an internal impasse. Dr. Margaret Rogers Van Coops assists those wishing to be free of these

encumbrances, which are brought about by The Rejection Syndrome.

Concise Explanations  
of Phenomena

Encountered on the  
Spiritual Path BRILL  
THE BOOK OF CRYSTAL  
ACUPUNCTURE &  
TERAGRAM THERAPY  
DIAGRAMS

Complementary Healing Therapy has taken another step forward with Dr. Margaret Rogers Van Coops' amazingly powerful methods for controlling energy flow. This companion book to Breakthrough Therapies and to Dr. Margaret's Crystal Acupuncture and Teragram Therapy Kits clearly illustrates and describes dozens of tools and techniques for effectively treating acute and chronic conditions suffered by

humans and animals. From headaches and minor injuries to major complicated illnesses, Dr. Margaret's treatments provide effective, non-invasive and inexpensive remedies to put you or your clients back into a state of positive healing. Dr. Margaret's work with her clients has further validated ancient Oriental acupuncture principles and merged them with exciting, simple methods using crystals to unblock energy flow in our Five Bodies to tone, balance and stimulate the Chi energies. Her research has carried this work into the treatment of pets and even wildlife. Whether you are a healer or a patient, you need to use this stimulating and easy-to-follow guide for

recovery.

*Mindfulness and Meditation For Dummies, Two eBook Bundle with Bonus Mini eBook* W. W. Norton & Company

50 Spiritually Powerful Meditations Valley of the Sun Publishing Company  
Quantum Entanglement: A Paranormal Point Of View AuthorHouse

### **Meditation Case Studies** Author House

This book was originally written to help those visiting Sedona, Arizona who could not attend my regular Scientific Vortex Information Training Class (see [www.freesoul.net](http://www.freesoul.net)). It teaches how to rapidly, easily, and effectively tap Sedona's famous meditation sites. It also contains a system for finding vortexes closer to your home area.

Understanding vortexes and how to tap them is a key asset for exploring your "dimensions beyond" described in Superstrings Physics. Even more important, however, is knowing how to weave that knowledge into a method for "Living life AS a Soul." When you are having difficulty accessing deeper spiritual skills, or are facing intense inner hurts, vortex energies can provide portals to new insights. People tend to be drawn to upflow areas to feel the exhilaration of tapping those dimensions beyond. What they are also craving (in many cases without even realizing it) is to escape the worries, hurts, angers, and fears created by the Limbic Brain. The Soul-

shift technique (contained in this book) makes tapping the vortexes easier, primarily because it gets the meditator out of their limbic brain focus. It allows you to create an inner upflow vortex, where ever you are. The brain science technique for natural mood elevation contained in my book, Access Your Brain's Joy Center (soon also available as an e-book), teaches how to counter limbic brain effects anywhere, anytime without having to be in a meditative state. That makes it possible to self-generate that inner upflow effect in ALL of life (eyes open, moving, etc.). As you read through this book, see the bigger picture. Imagine having the ability to live accessing

ALL of your dimensions beyond and ALL your spiritual skills, without having to physically be in the enhanced energy sites. Enjoy exploring the unlimited potentials that ARE your birthright As a Free Soul.

*Metaphysical Awareness for a New Century* Universal Centre For Mind Sciences & Alternative Therapies Ltd  
 From next-generation yoga teacher Faith Hunter comes a real-world guide to feeling more worthy, vibrant, and alive. “You were born with the fullness of your most epic life within you. Knowing your true worth. Feeling vibrant with each breath and magically alive as you navigate the unexpected. When you peel back the layers of

crusty emotional baggage and old subconscious loops that keep you small, you are able to step into the brilliance of who you are in your soul, and that makes you Spiritually Fly™.”  
 —Faith Hunter Global yoga and meditation teacher Faith Hunter is known for her ability to help others remember their inherent worth and live more soulful, joyful lives. Here, Faith shares the seven principles behind her life philosophy—the “Spiritually Fly Sutras”—inspiring each of us to embrace our unique flow, on and off the mat. The Spiritually Fly Sutras are dynamic, sacred principles grounded in movement, breathwork, sound, and self-reflection. When practiced

together, Faith teaches, “They have the ability to inspire and ignite an inner revolution.” Throughout Spiritually Fly, Faith shares the stories that led to each sutra with raw vulnerability. A young Black girl in the South whose brother was dying of AIDS contracted from a blood transfusion, she often struggled to trust in spirit and God. Her own spiritual journey brings a fresh, grounded vibe to her teachings, as she seamlessly blends classic yoga wisdom with modern-day living. To help you integrate each sutra into your life, Faith provides a wealth of “SoulPrints”—exercises and reflections including yoga asanas and kriyas, journaling

prompts, pranayama, chakra explorations, and practices for each of the “three Ms”: mantra, mudra, and meditation. For anyone ready to live their most epic lives, Spiritually Fly offers a radical guide to shift unhealthy patterns, recharge your soul, and fly.

### **50 Meditations for Energy, Awareness, and Connection**

AuthorHouse  
Pro-Life, Pro-Choice,  
Pro-Spirit by Dr.  
Margaret Rogers Van  
Coops Abortion! The  
very word evokes  
emotions in almost all  
normal, rational minds.  
Right or wrong? Moral  
or immoral? Should it  
be legal or illegal?  
These are among the  
burning questions of  
our time. Advocates of  
both sides have thrown  
themselves at each

other's faces even to the point of violence and homicide. This book is a must read for women who have been, are now or are likely to become pregnant. Without being judgmental, Dr. Margaret Rogers Van Coops shares the wisdom of Master Teachers to assist women to acknowledge, accept and deal with their circumstances. She has crossed the worldly boundaries to discover through her own experiences and those of others just what really happens from the point of view of the child-to-be's Spirit and Spirit Master Teachers. Breakthrough Therapies Light Technology Publishing The exercises and information in "Simple Meditation" can help

people improve their relationships, tap into psychic abilities, and use quantum energy to release blocks to health and happiness.

### **Mystic Journeys** 50

Spiritually Powerful Meditations

What does it actually feel like to be growing, struggling, and learning on a mystical path? In this remarkable collection of new poetry from D. Patrick Miller, a leading writer on *A Course in Miracles*, the reader is taken into some of the deeper feelings and subtler thoughts of the mystical journey.

"Although students can certainly get lost in the intellectual complexities of *A Course in Miracles*," says the author, "I have always experienced ACIM as a highly emotional path,



in which shifts of thoughts and feelings are nearly always simultaneous. So I believe these poems have arisen within me as expressions of what it feels like to be on a mystical path in which I am increasingly informed and inspired by what I call 'my Christ, ' my personal experience of an inner, active wisdom.... "My hope in sharing these poems is that other Course students, and indeed any seeker on a mystical path, will recognize echoes of their own experience and thus be enriched by a greater understanding of what's going on in their spiritual life. An inner voice of instinctive and loving wisdom is accessible to anyone, regardless of how you name it. May this little

book help it be heard more clearly.

Yoga Journal Valley of the Sun Publishing Company

While most people today vaguely realize that the body is a working machine that generates energy, most of us don't understand the way energy flows, where it goes and what it does. Margaret Rogers' research with her clients and under medical supervision has validated ancient Oriental techniques and merged them with exciting non-invasive methods using crystals to unblock energy flow in our Five Bodies and to tone and stimulate the Chi energies. Integrating these techniques with hypnotherapy, reflexology and aromatherapy, she has

broken through old mindsets to release cellular-neuro-muscular memories that have created illness of the mind, body and spirit. Whether you are a healer or a patient, you need this stimulating and easy-to-follow guide to recovery. *Spiritual Clearings* Sterling Publishing Company, Inc. With more than 140 techniques and practices drawn from Christian, Buddhist, Hindu, Sufi, Taoist, Pagan, Jewish, Native American, and mystical traditions, this is the ultimate guide to meditation. Easily find out how to meditate to calm and center; cultivate mindfulness of everyday activities; heal physical and emotional ailments; increase love and

compassion; end addictions; work with dreams; and deepen your connection with the Divine. An entire section is devoted to walking meditations that will get you moving, and there's smart advice on developing a daily practice and on creating a sacred space. Natural Health Thomas Nelson This collection of best funeral meditations provides a wide range of messages that address almost every death situation from the anticipated to the tragic. These classic meditations have been gathered from the writings and contributions of pastors, church leaders, and teachers of many denominations. Among

the situations addressed are: For the nominal church member For a little child For a non-Christian For the death of a child shortly after birth For a college student killed in an auto accident For a sixteen-year-old shot to death For a woman who committed suicide For a church member who served others For a 40-year-old cancer patient For a man who loved the outdoors For a Sunday morning worship service following a death and many more!

**Discover the Freedom of Pure Awareness** Author House

Practical insight and advice for working with the chakra that serves as the foundation for awakening well-being throughout our body

and our life. The energy center known in Sanskrit as muladhara is called the root chakra. It is located in a layer of our subtle body called pranamaya kosha, at the base of our spine in the tailbone area. The root chakra is our connection to the earth and to humanity at large. When this chakra is closed, muddied, and unhealthy, we experience fear, timidity, worry, doubt, anger, frustration, panic, self-loathing, survival mode, and defensiveness, and we manifest unhealthy habits, addictions, narcissism, aggressive behavior, bullying, and a sense of entitlement or victimhood. Earth Energy Meditations provides an answer to these maladies. It

helps us reconnect with the earth and primal energies with powerful, easy-to-use methods of guided meditation, affirmation, visualization, breathing, and physical movements. By practicing these techniques, we can reap the benefits of an open, clear, and healthy root chakra. We can return to a sense of stability, security, protection, and centered well-being. We can enjoy strength of character, integrity, perseverance, persistence, self-acceptance, self-worth, practicality, healthy survival instinct, and prosperity. Awaken the root to yourself and your connection to the world with Earth Energy Meditations. *Mindfulness For*

*Dummies, Meditation For Dummies, and 50 Ways to a Better You* Valley of the Sun Publishing Company Find balance and harmony with meditations based in traditional Tantra The spiritual system of Tantra is centered on the pursuit of enlightenment and connection. This book is the clear and comprehensive guide to understanding Tantra and unlocking its power with the practice of meditation. Explore how Tantra can focus the mind, awaken energy flow, and invoke a higher state of being and awareness beyond everyday thoughts and sensations. The truth about Tantra--Cast aside the common myths and misconceptions

surrounding Tantra with a basic overview of its history and philosophies. Body and mind engagement-- Learn how Tantra meditations incorporate movement, color, and sound to activate the whole self, enhancing physical, emotional, and spiritual well-being. Made for modern life--These Tantric meditation practices are rooted in Eastern tradition and are simple enough to do anywhere, even for beginners. Experience a sense of balance and manifest a more vibrant life with *The Power of Tantra Meditation*. [The Book of Crystal Acupuncture and Teragram Therapy Diagrams](#) John Hunt Publishing  
Aldous Huxley and Alternative Spirituality

offers an analysis of Huxley's spiritual interests, spanning both mysticism and Western esotericism. With this methodology, Jake Poller generates new insights into Huxley's work and draws revealing parallels between Huxley's ideas and the New Age.

*50 Spiritually Powerful Meditations*

AuthorHouse

In recent years, the subject of religion has undergone a dramatic renaissance and attracted considerable media attention. At the same time, however, knowledge about people's individual religiosity and the social characteristics and dynamics of religion has not grown considerably. Nonetheless, this knowledge has become

especially important in a context of growing religious plurality and globalization, where interactions between societies with different cultural and religious backgrounds are increasing. To expand upon this knowledge, the Bertelsmann Stiftung-in cooperation with a team of sociologists, psychologists, theologians and religious studies experts-developed the most advanced instrument to date for examining the various dimensions of religiosity in modern society: the Religion Monitor. A quantitative and representative survey of 21,000 people around the world who represent all of the major religions constitutes the baseline of the Religion

Monitor. As the scholarly complement to the popular publication, this second volume includes original analyses by renowned experts of the Religion Monitor's international survey results. Contributors include: José Casanova, Michael N. Ebertz, Karl Gabriel, Hans Joas, Volkhard Krech, Armin Nassehi, Michael von Brück and Paul M. Zulehner.

*Communiqués from the Inner Life Createspace Independent Publishing Platform*

From AA Grapevine, the international journal of Alcoholics Anonymous, 50-plus powerful stories by AA members about the many ways they pray and meditate in their daily lives. The perfect book for people in recovery and/or those

who want to explore prayer and meditation.

### **50 Questions For Every Spiritual Seeker**

Wisdomcue.com

Originally written in the mid-1800s by Fr. Andre-Jean-Marie Hamon, a holy French priest, this five-volume set has a beautiful new layout and new formatting yet retains the charm of the original text. A time-honored guide for daily personal spiritual direction since the mid-1800s, many generations of families have handed down "Meditations for All the Days of the Year" to their children. Whether or not you have a spiritual director, these daily readings will guide your soul through today's turbulent times-- bringing you closer to

God and assisting your growth in virtue. These prayerful, thought-provoking, and powerful lessons will help you achieve holiness on your journey towards a joyful and happy life, while making firm strides toward Heaven. This five-volume set promises to become a family heirloom that you will hand down for generations, too. About the author: Born in 1795, Fr. Andre-Jean-Marie Hamon was to become a professor of dogma at the seminary of St. Sulpice in Paris in 1821, a seminary superior in 1843, and later, pastor of St. Sulpice in Paris in 1851. Fr. Hamon turned down the office of Bishop all three times it was offered to him, preferring instead to work with the poor

and write spiritual works. He published a number of works anonymously or sometimes used the pseudonym J. Huen-Dubourg, borrowed from his mother's name, Lehuen-Dubourg. Fr. Hamon died in 1874.

### **Simple Meditation**

AuthorHouse

Panic Anxiety is the number one mental health problem for women and second only to drug abuse among men. Synthetic tranquilizers can alleviate the symptoms of anxiety illnesses. However, in order to achieve lasting emotional tranquility, a

significant lifestyle change must be made. The Anxiety Cure provides proven, natural strategies for overcoming panic disorder and finding an emotional balance in today's fast-paced world.

### **Quantum**

### **Entanglement: A Paranormal Point Of View** Meditation

Resources Inc

A kaleidoscope of inspiration that lets the reader delve into the ideas of many of our great spiritual thinkers.

### **The Rejection**

### **Syndrome** Author

House

Where & how to sell what you write.

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