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in this concise yet information packed book which you can listen to on the included audio download or read at your leisure bestselling author louise hay shows you that you can do it that is change and improve virtually every aspect of your life by understanding and using affirmations correctly louise explains that every thought you think and every word you speak is an affirmation even your self talk your internal dialogue is a stream of affirmations you re affirming and creating your life experiences with every word and thought your beliefs are merely habitual thinking patterns that you learned as a child and many of them work very well for you but other beliefs may be limiting your ability to create the very things you say you want you need to pay attention to your thoughts so that you can begin to eliminate the ones creating experiences that you don t want as louise discusses topics such as health forgiveness prosperity creativity relationships job success and self esteem you ll see that affirmations are solutions that will replace whatever

problem you might have in a particular area by the end of this book you ll be able to say i can do it with confidence knowing that you re on your way to the wonderful joy filled life you deserve

in this delightful book louise hay discusses the power and importance of affirmations and shows you how to apply them right now louise explains that when you state an affirmation you re really saying to your subconscious mind i am taking responsibility i am aware that there is something i can do to change within these pages louise discusses specific topics and concerns health fearful emotions addictions prosperity issues love and intimacy and more and presents exercises that show you how to make beneficial changes to virtually every area of your life on the accompanying audio download louise offers you helpful information about affirmations that you can also use to your benefit she recommends that you listen to it at any time of the day or night whenever you d like positive thoughts and ideas to permeate your consciousness and fill you with hope and joy it takes some time to go from a seed to a full grown plant and so it is with affirmations it takes some time from the first declaration to the final demonstration be patient

louise l hay whose writings and talks have brought inspiration hope and healing to millions of people around the world credits the game of life and the entire body of work by florence scovel shinn for inspiring her at a key turning point in her early career shinn was one of the gifted teachers who profoundly shaped the field of personal transformation and spiritual growth her writings are known for their clarity simplicity and power in addition to the original text of the book included within is a new interpretation of this transformational classic titled the game of life for women this second part of the book speaks directly to women about how to own their true power at the same time however it speaks to men who wish to not only understand the women around them but also embrace their own power by tapping in to the universal principles beneath gender differences whether male or female you will likely reach a similar conclusion it is a book for the ages to be treasured and studied and taken to heart

the power of the breath has been recognized for millennia as an integral part of health and well being in awakening the sacred body teacher tenzin wangyal rinpoche makes accessible the ancient art of tibetan breath and movement practices in clear easy to understand language he outlines the

theory and processes of two powerful meditations the nine breathings of purification and the tsa lung movements that can help you change your relationship to yourself to others and to the world the simple methods presented in awakening the sacred body and in the accompanying online video focus on clearing and opening your energetic centers to allow the natural human qualities of love compassion joy and equanimity to arise when sadness releases joy is able to arise when anger releases love becomes available when prejudice releases equanimity prevails and when lack of kindness ceases compassion is present these practices which focus the mind and breath together while performing specific body movements will help you discover your inner wisdom and express your greatest potential

in awakening the luminous mind meditation teacher tenzin wangyal rinpoche guides you to find refuge within instead of searching for support outside of yourself using the heart instructions of dawa gyaltsen an 8th century tibetan meditation master as a vehicle to guide contemplative practice tenzin wangyal rinpoche opens your eyes to the gifts hidden in your ordinary experiences the meditations presented in the book and on the accompanying audio download provide a direct way to meet the challenges of life as we encounter them fully incorporating these practices into daily life will help you open and transform your perceived limitations into unlimited possibilities they will help you dissolve self doubt and self judgment and discover the wisdom and light inherent within you in every moment awakening the luminous mind completes a series of three books that present meditation instructions and practices to help readers discover the treasury of the natural mind

renowned psychic researcher dick sutphen reveals everything readers need to know about sedona a hot spot of powerful cosmic energies that can call in spiritual visions past life experiences and healing sedona arizona a place of awesome beauty and an extraordinary energy that is felt by every person wandering through its red rock canyons the first time i saw sedona in 1969 i knew this was a special place not only because of its magnificent beauty but because of an undeniable spiritual vibration emanating throughout the area over the years i ve become convinced through my own experiences and the experiences of others and through extensive research and investigation that the psychic energy here is greater than anywhere else in the country thousands of people have had incredible metaphysical experiences in sedona including direct contact with spirits visions and manifestations sedona lies

on ley lines connecting to stonehenge and other spiritual power places in the world and is surrounded by four powerful energy centers or vortexes all within a few miles of each other in this book you will learn how the vortexes are charged and how they can affect you you will hear firsthand testimonials from people who have explored the vortexes and remarkable stories describing their profound life changing encounters complete directions to find each vortex are also included as well as important warnings and safeguards you need to be aware of before exploring you will learn how to test the energy then activate and expand it to maximize the psychic potentials of your own vortex experience foreword by colette baron reid

this life changing how to guide demystifies self hypnosis and subliminal technology to demonstrate how they are effective tools for your self improvement journey everybody has some character trait he or she would like to change and there are many techniques available to facilitate these changes unfortunately many of them are either impractical or expensive or both most people are somewhat familiar with hypnosis and subliminal technology but are reluctant to use them as serious self help tools in large part this is due to the fact that they ve been mired in mystique urban legend and disinformation the truth is that both self hypnosis and subliminal communication are backed by extensive research that demonstrates their efficacy more important once learned they can be customized for any situation and used almost anytime and anywhere join eldon taylor on your own self improvement exploration using the tools in this book and on the accompanying audio download experience hypnosis and subliminal patterning for yourself

a new york times bestselling author and counselor takes us on a riveting journey through karmic energy reincarnation and consciousness demonstrating how many aspects of our lives can be linked to experiences from the past gregg braden new york times bestselling author of the wisdom codes have you ever wondered why certain life patterns have been so hard to turn around well the reasons may be encoded in your eternal history in karmic sources that were set lifetimes ago perhaps you keep struggling with money problems feel hopeless about finding true love or have an addiction you can t seem to beat these current issues could be traced back to previous lives even psychological and physical ailments such as chronic pain allergies weight problems and self doubts could originate in unknown past events yet these past life sources don t have to remain a mystery or have any power

over you anymore in this enlightening and truly liberating book new york times bestselling author sandra anne taylor explores the energy of karma and reincarnation revealing how your eternal consciousness can become encoded influencing your destiny today when you learn how to release and rescript your karma you can pave the way to joy and personal power now and in years to come

reader s digest

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