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chakras. In this section you'll learn about the importance of the third eye chakra. It is related to the pineal gland and the third eye. Opening the third eye aids intuition, creativity, and psychic abilities. You can do this easily by "toning," "doing vibrational work" or chanting Thoh (rhymes with "toe") at a middle or high "C" note. This triggers a vibration in the pineal which cause the third eye and its chakra to open. The exact techniques are included in the book. If you open the crown chakra (associated with the pituitary gland) you can improve some of your natural psychic abilities, including clairaudience, clairvoyance, and clairsentience. Vibrational work for this chakra uses the sound May. Breathing techniques and the exact way of toning to open the chakra are fully explained. You'll also learn how to see the aura and interpret its colors, as well as how to open all of the

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chakras. The book also explains techniques to send the mysterious kundalini energy through the chakras. But this book has more! It includes the secrets of channeling, such as working with angels and spirit guides. It goes on to share methods of astral projection and then reveals the secrets of reincarnation.

Ancient Teachings for Beginners is easy to understand and the techniques are a snap to use. If you are looking for an introduction to the secrets of the teachings of the ancient mystery schools, this book is for you!

To understand the words of the Buddha, they must be explained by one who has experienced his path. From the very first chapter, we begin to dispel the misunderstandings that have surrounded the words of the Buddha. We come to understand the origins of unhappiness that

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have taken root in the body. Freeing ourselves from these roots, we are able to find peace. Although the words on the Buddha are easily mistaken, Devean gives us an extraordinary explanation for the modern person. The essence of the Buddha's path to enlightenment suited for the plights of the modern world. Modern Buddhism is unlike other Buddhist books. While others theorize and argue over the meaning of the words academically, Devean provides you with the meaning behind the words.

Have you always wondered why your life tends to go in the same patterns over and over again? Have you been trying to escape from the same old patterns, year after year, to no avail? If so, then keep reading... You may need Vedic astrology to begin deciphering your life. Vedic astrology dictates that everything that you

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do in life is influenced by the positions of the stars and Planets at the moment of your birth. It asserts that you are born according to karmic justice and judgment and that karma is written out into the stars at that exact moment. For this reason, people have turned to the skies for thousands upon thousands of years to begin to decipher the karmic workings and understand why their lives work the way that they do. Karma is the sum of your actions in this life and in past lives, all of which is designed to bring you closer to liberation--that point in your life where you are able to become connected to the Universe and freed from the endless cycle of rebirth and death that we live in. It is something that you can never escape as it is simply the sum and reaction of your actions--it happens whether good or bad, and you will have to deal with the aftermath either way. However, karma

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brings with it lessons that are designed to help you achieve that liberation in life. Because karma can influence every aspect of your life and because it is written in the stars, you can begin to understand why you go through what you experience and how likely that you are to succeed or fail in all sorts of aspects of your life. You just have to open up your mind, look to your birth chart, and begin to interpret it. This has been used for thousands of years to determine matchmaking, success, business ventures, and more. It helps us to understand how we experience the world around us and why it is the way that it is. It shows us our relationships with others, our friendships, and our shortcomings. It shows us our career prospects and health. There is so much about the world that can be read in the stars, so long as you know where to look. This book is here to help. It is here to teach you the basics of Vedic

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astrology so that you can begin to decipher the world around you and what fate has in store for you. In particular, you will find:

- Information on what Vedic astrology is and how it differs from Western astrology
- A brief history of Vedic astrology
- The Vedic birth chart and how you can begin to read it to start interpreting your own horoscope
- The role of the Planets and how to understand them in Vedic astrology
- The role of the Zodiacal signs and how they must be interpreted
- The role of the Houses and how they influence everything
- The various Lunar Mansions and how they are influential over the individual
- The significance of Vedic astrology and how it is used to change people's approaches to life
- What Vedic astrology has become today
- How to stargaze and how to use that stargazing in Vedic astrology
- And more!!

Don't spend another day leaving life

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to chance. You can take charge and learn why you experience what you experience, and more. All you have to do is make it a point to get started today. Scroll up and click on **BUY NOW** to begin discovering the secrets of the universe.

Thousands of years ago, the High Priests of Egypt performed a special rite called a Final Initiation. Many of these secret ceremonies took place at the Great Pyramid, where initiates performed sacred rituals involving breathing, meditating, and chanting. Afterwards, the students were ready to enter the world as healers. The author of *Ancient Teachings for Beginners*, Douglas De Long demonstrates how to perform this Final Initiation rite and other methods for advancing one's psychic and healing abilities. These techniques-involving energy healing, chakra work, color, chanting, breathing-

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are designed to help one achieve spiritual, emotional, and physical well-being.

This illuminating guide to the Native American ritual of the Medicine Wheel makes an ancient spiritual practice available to everyone. Roy Wilson, Cowlitz Chief and Spiritual Leader in Washington, combines Sun Bear's Zodiac (outer circle) and his own vision. The Four Pathways are used to experience the God within. It is important to note that all Pathways go through the Creator, which includes the Creator in the center, surrounded by seven Spirit Messengers: Cougar, Hawk, Coyote, Wolf, Bear, Raven, and Owl; the four Gatekeepers: Buffalo in the East, Bear in the South; Eagle in the West; and Cougar in the North; the twelve Spirit Helpers: Turkey, Turtle, and Owl on the East Pathway; Beaver, Ant, and Squirrel on the South

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Pathway; Butterfly, Bat, and Grouse on the West Pathway; and, Hawk, Goose, and Wolf on the North Pathway.

Feuerstein thoughtfully explores yogic philosophy and practice to discover what it means to be a mature, moral person. Yoga is a spiritual tradition concerned with personal growth, which conducts the practitioner from a state of inauthentic existence to authentic being.

Would you like to change the way you live your Life? Based on the teachings of the people of the High Andes, *Dancing in Your Bubble* invites you on a journey of healing and Empowerment. You will benefit from the workshop retreat experience on your own time and in your own space. This book draws on Teri's experiences from working with clients and students in a variety of settings. You will

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benefit from the experiences of a healing retreat program. These simple tools will help you with every day life. Empower Yourself. Step beyond ideas like powerlessness and sinfulness. Step into your own power and embrace all of yourself through altered perspectives. You will enjoy the stories Teri generously shares from her own personal journey. that offer practical applications to promote self knowledge and healing. "Dancing" offers healing tools that can be adapted to any world view or spiritual practice. You are guided through these simple and practical teachings step by step. You discover deeper aspects of these healing tools in each chapter. * Understanding the energy bubble created by our lives and past experiences and how we can stop being stuck in our own story* Identifying the organizing themes that resonate through our lives and breaking the pattern of

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reinforcing self prophecy* Taking in refined and nourishing energy and releasing heavy obstructive energies* Connecting to the power of natural energy sources* Letting go of guilt and defeating self judgment* Using myths, dreams and storytelling to create understanding "Dancing" offers a unique perspective which acknowledges that many people wish to take the journey of self discovery and healing. This book supports your journey through its use of exercises activities and work-space. This empowering approach allows you to proceed at his your own pace.*clear language *comprehensive *practical

A simple and contemporary introduction to the vital teachings of Vedanta--what it is, isn't, and how to understand it.

A renowned, respected teacher and mentor

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to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano, Burkina Faso, a remote West African village with a population of about two hundred people. Dano has preserved the old ways of African village life, with family structures, spiritual practices, and methods of living that have been in place for more than ten thousand years. In *The Spirit of Intimacy*, Somi distills the ancient teachings and wisdom of her native village to give insight into the nature of intimate relationships. Somi generously applies the subtle knowledge from her West African culture to this one. Simply and beautifully, she reveals the role of spirit in every marriage, friendship, relationship, and community. She shares ancient ways to make our intimate lives more fulfilling and secure and offers powerful insights into the "illusion of

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romance," divorce, and loss. Her important and fascinating lessons from the heart include the sacred meaning of pleasure, preparing a ritual space for intimacy, and the connection between sex and spirituality. Her ideas are intuitively persuasive, provocative, and healing--and supported by sound practical advice, along with specific rituals and ceremonies based on those used for thousands of years. With this book, the spiritual insights of indigenous Africa take their place alongside those of native America, ancient Europe, and Asia as important influences on Western readers. A renowned, respected teacher and mentor to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano, Burkina Faso, a remote West African village with a population of about two hundred people. Dano has preserved the old ways of

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on Western readers.

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Dragons have to teach us about the world and our-selves. Discover how, with care and devotion, you can help save them from extinction.

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