

Conversazioni Con Yogananda Ricerca Interiore

This is likewise one of the factors by obtaining the soft documents of this **Conversazioni Con Yogananda Ricerca Interiore** by online. You might not require more become old to spend to go to the ebook foundation as well as search for them. In some cases, you likewise reach not discover the pronouncement **Conversazioni Con Yogananda Ricerca Interiore** that you are looking for. It will agreed squander the time.

However below, subsequently you visit this web page, it will be hence no question simple to get as capably as download lead **Conversazioni Con Yogananda Ricerca Interiore**

It will not understand many get older as we accustom before. You can reach it while doing something else at home and even in your workplace. fittingly easy! So, are you question? Just exercise just what we present below as without difficulty as evaluation **Conversazioni Con Yogananda Ricerca Interiore** what you once to read!

Emotional Wellness - Osho 2007-04-03

How do we reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus repression. We fear that by expressing our true feelings, we will hurt and alienate those close to us. But by repressing our emotions—even in the benevolent guise of “self-control”—we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time, provides here a practical and comprehensive approach to dealing with this conflict effectively. Incorporating new, never-before-published material, *Emotional Wellness* leads us to understand the roots of our emotions, to react to situations in a way that can teach us more about ourselves and others, and to respond to life’s inevitable ups and downs with far greater confidence and equilibrium. Discover:

- The impact that fear, anger, and jealousy have on our lives
- How emotions like guilt, insecurity, and fear are used to manipulate us
- How to break out of unhealthy responses to strong emotions
- How to transform destructive emotions into creative energy
- The role of society and culture on our individual emotional styles

Osho’s unique insight into the human mind and heart goes far beyond conventional psychology. He teaches us to experience our emotions fully and to deal with them creatively in order to achieve a richer, fuller life.

The Time Tunnel - Swami Kriyananda 2013-01-07

Two boys vacationing in the forests of the Transylvanian alps discover a ruined laboratory, a recently deceased dinosaur, and a mysterious humming tunnel. Donny and Bobby, guided by a grown-up named Hansel, travel back in time to meet sages, villains, and common citizens, then forward to an age of spiritual enlightenment only a sage like Kriyananda could imagine and describe. Whether fact or fiction (the author remains vague on the point), this book contains more truth than many a ponderous volume of philosophy gathering dust on a library shelf

Conversations with God 2 - Neale Donald Walsch 2001-01-01

Resuming the dialogue where "Book 1" left off, "Conversations with God, Book 2" moves from personal issues to more global and political concerns. Included are questions about the nature of time and space and human sexuality, as well as geophysical and geopolitical considerations of worldwide implication.

Yoga Mala - Sri K. Pattabhi Jois 2010-07-06

"One of the great yoga figures of our time, Sri K. Pattabhi Jois brought Ashtanga yoga to the West more than thirty years ago. Based on flowing, energetic movement coordinated with the breath, Ashtanga and the many forms of vinyasa yoga that grow directly out of it have become the most widespread and influential styles practiced today. *Yoga Mala* --a garland of yoga --is Jois's authoritative guide to Ashtanga. In it, he outlines the ethical principles and philosophy underlying the discipline, explains important terms and concepts, and guides the reader through Ashtanga's Sun Salutations and the subsequent primary sequence of forty-two asanas, or poses, precisely describing how to execute each position and what benefits each provides. It is a foundational work on yoga by a true master"--Publisher's description.

Conversazioni con Yogananda. Con DVD - Swami Kriyananda 2011

The Heart of Yoga - T. K. V. Desikachar 1999-03-01

The first yoga text to outline a step-by-step sequence for developing a complete practice according to viniyoga--yoga adapted to the needs of the individual. • A contemporary classic by a world-renowned teacher. • This new edition adds thirty-two poems by Krishnamacharya that capture the essence of his teachings. Sri Tirumalai Krishnamacharya, who lived to be over 100 years old, was one of the greatest yogis of the modern era. Elements of Krishnamacharya's teaching have become well known around the world through the work of B. K. S. Iyengar, Pattabhi Jois, and Indra Devi, who all studied with Krishnamacharya. Krishnamacharya's son T. K. V. Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharya's yoga. Desikachar has based his method on Krishnamacharya's fundamental concept of viniyoga, which maintains that practices must be continually adapted to the individual's changing needs to achieve the maximum therapeutic value. In *The Heart of Yoga* Desikachar offers a distillation of his father's system as well as his own practical approach, which he describes as "a program for the spine at every level--physical, mental, and spiritual." This is the first yoga text to outline a step-by-step sequence for developing a complete practice according to the age-old principles of yoga. Desikachar discusses all the elements of yoga--poses and counterposes, conscious breathing, meditation, and philosophy--and shows how the yoga student may develop a practice tailored to his or her current state of health, age, occupation, and lifestyle. This is a revised edition of *The Heart of Yoga*.

The Art of the Dragon Prince - Aaron Ehasz 2020-08-18

Aaron Ehasz won a Peabody Award for his work as head writer and co-executive producer of *Avatar: the Last Airbender*, and was part of the Emmy-award winning writing team of *Futurama*. Most recently, he was creative director at Riot Games where he worked on *League of Legends* as well as projects in development. He earned his MBA at Stanford, and undergrad degree from Harvard. Justin Richmond was a Research and Development Producer leading the team creating one of Riot Games' next big projects. Before that, Justin was the Game Director on the *Uncharted* franchise at Naughty Dog. *Uncharted* is one of Sony's most iconic and beloved game franchises with over 25 million units sold as well as 13 DICE Awards and 4 BAFTA's. His Game Direction work on *Uncharted 3* earned him a nomination for the DICE Award for Outstanding Achievement in Game Direction. Justin has a B.S. in Film from Boston University and a degree in 3D Animation from Vancouver Film School.

God-talk in America - Phyllis Tickle 1997

From the halls of Harvard to the aisles of bookstores to the kitchen tables of Main Street, Americans are developing a new grammar of God that is fresh and rooted in history. Phyllis Tickle shows us snapshots of religion in America from the 1930s to the present. *God-Talk in America* argues that there is an emerging new understanding of who and what God is, and of what religion must do. As always, religion is being created in the streets and cafes and bedrooms and kitchens of real America rather than in the seminaries or cathedrals. Phyllis Tickle listens in those ordinary places and shows why a sea-change in religion, theology and spirituality is underway. Her book is both map of the present and compass to the future.

Interiorità e finitudine: la coscienza in cammino - Grazia Marchianò 2022-03-14

In questo libro l'autrice compie il tentativo disarmante di ripensare la condizione umana assediata dalla finitudine e dall'imperfezione, alla luce dei contributi formidabili ma divergenti negli scopi e nei metodi che

le scienze fisiche, per un verso, e le antiche discipline spirituali, per l'altro, hanno dato alla costruzione di una società planetaria. Nella prima parte, a fisici di vaglia, convinti che la scienza "salverà" il mondo e impegnati a puntare alle strabilianti conquiste tecnologiche di un futuro alle porte, esperti tibetani di meditazione profonda tra i quali il XIV Dalai Lama e ricercatori buddhisti di vari paesi mostrano a loro volta in teoria e in pratica che i metodi di coltivazione interiore testati nei millenni: vigilanza del respiro, risveglio alla consapevolezza silenziosa, immersione contemplativa, concorrono ad avviare un'esperienza interiormente trasformativa giovevole non a "uscire dal mondo" ma a entrarvi più a fondo. Ne offrono una vivida testimonianza i temi degli scritti orientali raccolti nella seconda parte. All'epilogo un cambio repentino di atmosfera dirige lo sguardo sulle remote distanze galattiche in compagnia dell'astrofisico vietnamita Trinh Xuan Thuan.

Whispers from Eternity - Yogananda (Paramahansa) 1935

[Affirmations for Self-Healing](#) - J. Donald Walters 2005

This book contains 52 affirmations and prayers devoted to strengthening positive qualities such as will power, good health, forgiveness, security and happiness.

[The Seven Chakras](#) - Susan Daniel 2015-03-14

New updated edition. The Chakra (translated as "wheel", "hard", "circle") is a concept of their own religious traditions of India, related to yoga and Ayurvedic medicine originated from taking tantric traditions, Hinduism is both Buddhism. In the most common it is usually made even with the "center", to indicate those elements of the subtle body which is believed to reside in the divine energy latent. In Oriental literature it is possible to find many descriptions of the subtle body, and consequently also the chakra system, in relation to different locations, views and functions. The best known of the chakra system descriptions in the academic literature and in the contemporary popular science date back to that disclosed British Orientalist Sir John Woodroffe, a British magistrate at the Supreme Court of Bengal, fond of Tantra that, under the pseudonym Arthur Avalon, published in 1919 a text on this topic, "the serpent power". Each chakra (with the exception of two) would have two halves or poles, one facing the front and the other towards the rear part of the body. Starting from the bottom are: • 1st - Muladhara • 2nd - swadhistana • 3rd - Manipura • 4th - Anahata • 5th - Vhishuddhi • 6th - Ajna • 7th - Sahasrara The second group is composed of minor importance for chakras that you would find in the fingertips, at the center of the palm of the hands, in some areas of the feet, in the language or elsewhere. Among the seven basic chakras, there are specific affinity. • First to Seventh: Basic energy with spiritual energy. • Second and Sixth: Energy of feeling on the material level with the Energy feel extrasensory level. • Third and Fifth: Energy of the operating mind and personal power with the higher mind energy and communication. • Fourth: bridge between the three higher and the three lower and hotbed of alchemical transformation.

How to Awaken Your True Potential - Paramhansa Yogananda 2016-01-15

Are you ready to discover the hidden resources of joy, love, and power within you? Paramhansa Yogananda, one of the best-loved spiritual teachers of modern times, offers step-by-step guidance to help you awaken your potential and to prepare you for the inner journey of awakening. You will discover the untold power that lies within, and learn how to take steps daily to live life with greater joy and meaning.

La grande leggenda indiana e Monaco Paramahansa Yogananda - Avneet Kumar Singla 2021-01-18

Questo è un grande libro spirituale di auto-aiuto autobiografico Non-fiction. Che ha circa 160000 parole con 48 lezioni. Paramahansa Yogananda (nato Mukunda Lal Ghosh, 5 gennaio 1893-7 Marzo 1952) è stato un monaco Indiano, yogi e guru che ha introdotto milioni per gli insegnamenti di meditazione Kriya Yoga, attraverso la sua organizzazione della Self-Realization Fellowship (SRF) / Yogoda Satsanga Society (YSS) in India e vissuto i suoi ultimi 32 anni in America. Come discepolo principale del guru dello Yoga bengalese Swami Sri Yukteswar Giri, fu inviato dal suo lignaggio per diffondere gli insegnamenti dello yoga in Occidente, per dimostrare l'unità tra le religioni orientali e occidentali e per predicare un equilibrio tra la crescita Materiale occidentale e la spiritualità indiana. La sua influenza di lunga data sul movimento yoga americano e in particolare sulla cultura yoga di Los Angeles lo ha portato ad essere considerato dagli esperti di yoga come il "padre dello Yoga in Occidente". "Yogananda è stato il primo Grande maestro Indiano a stabilirsi in America, e il primo di spicco Indiano ad essere ospitato alla Casa Bianca (dal Presidente

Calvin Coolidge nel 1927); il suo riconoscimento precoce portato ad essere descritto dal Los Angeles Times come "la prima superstar guru del 20 ° quando è arrivato a Boston nel 1920, ha intrapreso un successo transcontinentale parlando tour prima di stabilirsi a Los Angeles nel 1925. Nei successivi due decenni e mezzo, raggiunse la fama locale e ampliò la sua influenza in tutto il mondo: creò un ordine monastico e formò studenti, intraprese viaggi di istruzione, comprò beni immobili per la sua organizzazione in varie aree della California e iniziò migliaia nel Kriya Yoga. Nel 1952, SRF aveva oltre 100 centri in India e negli Stati Uniti; oggi, hanno gruppi in quasi tutte le principali città americane. I suoi principi di "vita semplice e alto pensiero" attirarono persone di ogni estrazione tra i suoi seguaci. Un documentario del 2014, *Awake: the Life of Yogananda*, ha vinto diversi premi in festival cinematografici di tutto il mondo. La sua continua eredità in tutto il mondo, che rimane una figura di primo piano nella spiritualità occidentale fino ad oggi, ha portato autori come Philip Goldberg a considerarlo "il più famoso e amato di tutti gli insegnanti spirituali indiani" che sono venuti in Occidente....attraverso la forza del suo carattere e la sua abile trasmissione di saggezza duratura, ha mostrato a milioni di persone la via per superare le barriere alla liberazione dell'anima."

Secrets of Friendship - J. Donald Walters 1995-03-01

Beautifully designed cards in an unobtrusive easel-display, based on the popular gift book series. For use as a perpetual calendar or as a daily inspirational guide, and ideal for gift giving.

Le rivelazioni di Cristo - Swami Kriyananda 2014-08-27

Finalmente una visione del Cristianesimo moderna, potente e libera dal dogmatismo. Quest'opera dimostra attraverso una yogica lettura dei Vangeli l'unità di tutte le religioni, donando nuova autorevolezza alle parole di Cristo e mostrandone la completa compatibilità con le recenti scoperte della scienza. 400 pagine. «Un grande dono all'umanità! Un tesoro di cui essere grati». -Neale Donald Walsh, autore della serie *Conversazioni con Dio* «Ogni lettore, sia egli cristiano oppure no, ha un profondo debito di gratitudine nei confronti di Kriyananda e Yogananda». -Prof. Ervin Laszlo, Candidato al Nobel per la pace «Una visione di Gesù, di Dio e della vita stessa molto più ampia e profonda di quanto avremmo mai potuto immaginare...».-Dott. Paolo Lissoni, teologo «Un cuneo di spiritualità, robusto e poetico, forte e dolce, nella tormentata storia d'Occidente che oggi dubita di tutto ... Leggi le Rivelazioni. Avrai un input di sguardo fresco, di voglia di ficcar gli occhi per vedere, vedere veramente... Di questo sono grato a Yogananda e a Kriyananda». —Prof. Michele C. Del Re, studioso di religioni «In un mondo apparentemente intento a immolarsi sull'altare dell'estremismo religioso, c'è urgentemente bisogno di questo messaggio eterno e unificante». —Larry Dossey, scrittore «Questo libro non vuole essere l'affermazione di nuove verità dogmatiche su Cristo, ma contribuire a riflettere su di Lui per reinterpretarlo nella Libertà della Verità dell'Amore ... Non capire Cristo intellettualmente, ma vivere il Cristo che è in noi». —Dr. Paolo Lissoni, medico, studioso di teologia

Reconciliation - Thich Nhat Hanh 2006-10-09

Based on Dharma talks by Zen Master Thich Nhat Hanh and insights from participants in retreats for healing the inner child, this book is an exciting contribution to the growing trend of using Buddhist practices to encourage mental health and wellness. Reconciliation focuses on the theme of mindful awareness of our emotions and healing our relationships, as well as meditations and exercises to acknowledge and transform the hurt that many of us experienced as children. The book shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with, explore, meditate, and speak about our strong emotions. Reconciliation offers specific practices designed to bring healing and release for people suffering from childhood trauma. The book is written for a wide audience and accessible to people of all backgrounds and spiritual traditions.

[The New Revelations](#) - Neale Donald Walsch 2002-09-30

The human race has reached a Time of Choosing. Our options are being placed before us by the tide of events -- and by those who are creating them. We can either move forward, building together at last a new world of peace and harmony based on new beliefs about God and Life, or move backward, separately and continuously reconstructing the old world of conflict and discord. The New Revelations provides us with the tools to move forward, to pull ourselves out of despair, lifting the whole human race to a new expression of its grandest vision. In this book, which offers possible and powerful answers to the questions facing the

world, bestselling author Neale Donald Walsch urges us to open our hearts and minds to what may be one of the most important spiritual statements of our time. A conversation with God that began as a simple plea from one human being to the God of his understanding, *The New Revelations* is a life-altering book, given to us when we need it most.

Man's Eternal Quest - Paramahansa Yogananda 1982

In this first volume of the collected talks and essays of Paramahansa Yogananda, readers will journey through some little-known and seldom-explained aspects of meditation, life after death, healing, and the power of the mind.

Yogananda. Piccole, grandi storie del Maestro - Paramhansa Yogananda 2014-08-27

Per la prima volta a livello mondiale, una raccolta delle più belle storie raccontate da Yogananda nei suoi scritti e nelle sue conferenze. Brevi racconti colmi di umorismo e ispirazione, che cadono con leggerezza nel terreno del cuore per far sbocciare i più bei fiori della saggezza e dell'amore. Un tesoro da assaporare quotidianamente e da condividere con tutti, grandi e piccini. 192 pagine, con illustrazioni a colori di Nicoletta Bertelle, illustratrice di fama internazionale.

Ananda Yoga for Higher Awareness - Swami Kriyananda 2004-09-02

An illustrated, lay flat reference guide to hatha yoga as it was originally intended: as a way to uplift consciousness and aid spiritual development. Kriyananda's approach follows the tradition of the great Indian master Paramhansa Yogananda, bringing hatha yoga back to its central focus as an integral part of the meditative science of Raja Yoga. Inspiring affirmations and clearly written instructions demonstrate how to attune oneself to the consciousness of the poses, so that each one becomes a doorway to greater emotional well-being, inner clarity, and radiant health.

Finding the Joy Within You - Daya Mata 1998-03-01

Sri Daya Mata shares the guidance and inspiration she received as a close disciple of Paramahansa Yogananda. A compassionate and deeply encouraging book that speaks to all who long to know that God is real, that He is near to us at all times, and that we can live every day in communion with Him.

Paramhansa Yogananda - Swami Kriyananda 2012-03

Chronicles the life and career of Paramhansa Yogananda, a masterful guru from India and outlines the his key teachings.

Meditation for Starters - J. Donald Walters 1996

Award-winning guide shares a safe, simple, way to try meditation--and then explore its cosmic potential. Covers fundamentals of posture, breathing, mental techniques, and more. With four guided visualizations.

Ecopsychology - Vladimir Antonov 2012-03-25

This book is written in a simple and easy-to-understand language by scientist-biologist Dr. Vladimir Antonov. It covers the essential issues: what is God, the place of human being in the Evolution of the Universal Consciousness, principles of forming and correction of destiny, ways of attaining health and happiness, most effective methods of psychic self-regulation, about spiritual development and cognition of God.

The Wedding Vows from Conversations with God - Neale Donald Walsch 2000-01-01

Honoring the spiritual nature of all beings; this is the essence of the wedding vows from *Conversations with God*. Thus, these are not simply vows, but something more: an outward manifestation of our deepest inner truth. These vows were spoken by Neale Donald Walsch and Nancy Flemming-Walsch at their own marriage, and are featured in Book 3 of the *Conversations with God* series. As Neale writes, "We wanted a ceremony that spoke the truth of our hearts, and that allowed us to make promises that we knew we could keep." So, here they are, from Neale and Nancy to you, for use in your own ceremony. Included are wonderful commentaries on love and relationships by Gerald Jampolsky and his wife, Diane Cirincione, and by Marianne Williamson. Also included are meaningful insights on union from the *Conversations with God* series. May your marriage be blessed.

The Power Unknown To God - T Sreenivâsulu 2014-10-01

The awakening of the kundalini or the cosmic energy in a human body is a rare phenomenon which defies the logic and rational explanation by modern science. The author has narrated his direct experiences with this energy in great detail in this book. It gives a fascinating insight into what happens when this cosmic

energy gets activated in a human body. Hence, the kind of literature presented in some of the portions is rare to come across and truly mind boggling. This book also addresses some of the profound questions facing the mankind about its very existence. This book is meant for all sections of the humanity irrespective of their religious, philosophical, cultural, professional and educational background. The secrets revealed in this book can be of immense help to anyone in pursuit of the lasting peace and happiness.

The Ramayana, and the Mahabharata - Vālmiki 1926

Come Vincere le sfide della vita - Paramhansa Yogananda 2014-08-18

Per risvegliare il coraggio, la calma e la fiducia in noi stessi, Yogananda ci parla tramite questa magica raccolta di scritti inediti, incoraggiandoci e spiegandoci come attingere alle invincibili qualità dell'anima. Impariamo anche a sintonizzarci con la presenza divina con specifiche tecniche di concentrazione per superare gli ostacoli più grandi, come la paura, il nervosismo e la collera.

Power of Silence - Carlos Castaneda 2013-03-26

Millions of readers worldwide have treasured the visionary brilliance of Carlos Castaneda, who first explored the world of the Yaqui Indian sorcerer in *The Teachings of don Juan*. Now, at last, don Juan returns in *The Power of Silence* -- wise, infuriating, capable of working miracles and playing practical jokes, but always seeking the wisdom of the warrior. *The Power of Silence* is Castaneda's most astonishing book to date -- a brilliant flash of knowledge that illuminates the far reaches of the human mind. Through don Juan's mesmerizing stories, the true meaning of sorcery and magic is finally revealed. Honed in the desert of Sonora, the visions of don Juan give us the vital secrets of belief and self-realization that are transcendental and valid for us all. It is Castaneda's unique genius to show us that all wisdom, strength, and power lie within ourselves -- unleashed with marvelous energy and imaginative force in the teachings of don Juan -- and in the writings of his famous pupil, Carlos Castaneda

The Essence of the Bhagavad Gita - Swami Kriyananda 2006

A direct disciple of the spiritual master author of *Autobiography of a Yogi* reveals the deep allegorical meanings of India's best-loved scripture from a new perspective, sharing practical advice on such topics as achieving victory in life in union with the divine, preparing for life's end, and what happens after death.

Inner Christianity - Richard Smoley 2002-10-08

An eye-opening introduction to the complex world of esoteric Christianity—perfect for the general reader. This guide to mystical and esoteric Christianity speaks from a nonsectarian point of view, unearthing insights from the whole of the Christian tradition, orthodox and heretical, famous and obscure. The esoteric tradition has traditionally searched for meanings that would yield a deeper inner knowledge of the divine. While traditional Christianity draws a timeline from Adam's Fall to the Day of Judgment, the esoteric often sees time as folding in on itself, bringing every point to the here and now. While the Church fought bitterly over dogma, the esoteric borrowed freely from other traditions—Kabbalah, astrology, and alchemy—in their search for metaphors of inner truth. Rather than basing his book around exponents of esoteric doctrine, scholar Richard Smoley concentrates on the questions that are of interest to every searching Christian. How can one attain direct spiritual experience? What does "the Fall" really tell us about coming to terms with the world we live in? Can we find salvation in everyday life? How can we ascend, spiritually, through the various levels of existence? What was Christ's true message to humankind? From the Gospel of Thomas to *A Course in Miracles*, from the Jesus Prayer to alchemy and Tarot, from Origen to Dante to Jung, Richard Smoley sheds the light of an alternative Christianity on these issues and more.

The Holy Science - Swami Sri Yukteswar 2021-03

This extraordinary treatise explores parallel passages from the Bible and the Hindu scriptures to reveal the essential unity of all religions. Swami Sri Yukteswar is renowned as the revered guru of the great pioneer of yoga in the West, Paramahansa Yogananda (author of *Autobiography of a Yogi*). In this remarkable work - composed in the year 1894 at the request of the great Indian sage, Mahavatar Babaji - Sri Yukteswar outlines the universal path that every human being must travel to enlightenment. This extraordinary treatise explores parallel passages from the Bible and the Hindu scriptures to reveal the essential unity of all religions. Swami Sri Yukteswar is renowned as the revered guru of the great pioneer of yoga in the West, Paramahansa Yogananda (author of *Autobiography of a Yogi*). In this remarkable work - composed in

the year 1894 at the request of the great Indian sage, Mahavatar Babaji - Sri Yukteswar outlines the universal path that every human being must travel to enlightenment.

Education for Life - J. Donald Walters 1997

Offers a constructive alternative to modern education by explaining how to help children grow toward full maturity through the emphasis of spiritual values. This book is the basis for the Education for Life (EFL) schools and the EFL Foundation, which encourages educators and parents to see children through their soul qualities and trains them to teach innovative principles for better living.

Practicing the Power of Now - Eckhart Tolle 2010-09-03

New York Times bestselling author Eckhart Tolle — A key to happiness is living in the now Practice The Power of Now: If you, like many others, have benefited from the transformative experience of reading The Power of Now, you will want to own and read Practicing the Power of Now. Eckhart Tolle: Eckhart Tolle, a spiritual teacher and author who was born in Germany and educated at the Universities of London and Cambridge, is rapidly emerging as one of the world's most inspiring spiritual teachers. His views go beyond any particular religion, doctrine, or guru. In The Power of Now and his subsequent book Practicing the Power of Now, Eckhart shares the enlightenment he himself experienced after a profound inner transformation radically changed the course of his life. Your path to enlightenment: Practicing the Power of Now extracts the essence from Eckhart's teachings in his New York Times bestseller, The Power of Now (translated into 33 languages). Practicing the Power of Now shows us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness." The next step in human evolution: Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. An essential aspect of this awakening involves transcending our ego-based state of consciousness. This is a prerequisite not only for personal happiness but also for the ending of violence on our planet. Readers of other transformational self-help books such as The Four Agreements, The Miracle Morning, Braving the Wilderness, and The Book of Joy will want to read Practicing the Power of Now.

The Leap - Steve Taylor 2017-02-14

What does it mean to be enlightened or spiritually awakened? In The Leap, Steve Taylor shows that this

state is much more common than is generally believed. He shows that ordinary people — from all walks of life — can and do regularly "wake up" to a more intense reality, even if they know nothing about spiritual practices and paths. Wakefulness is a more expansive and harmonious state of being that can be cultivated or that can arise accidentally. It may also be a process we are undergoing collectively. Drawing on his years of research as a psychologist and on his own experiences, Taylor provides what is perhaps the clearest psychological study of the state of wakefulness ever published. Above all, he reminds us that it is our most natural state — accessible to us all, anytime, anyplace.

Lost Star of Myth and Time - Walter Cruttenden 2005-09

50 Spiritual Classics - Tom Butler-Bowdon 2010-12-07

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

Secrets of Meditation - J. Donald Walters 1997

Popular gift book series offers a seed thought for every day of the month. By nurturing this bhijan (seed) through affirmation and repetition, we can help create transformation in our lives.

Born Knowing - John Holland 2003-02-01

DISCOVER YOUR PSYCHIC ABILITIES AS YOU READ JOHN'S FASCINATING STORY In Born Knowing, psychic John Holland explains in his open and candid way how he dealt with his conflict by coming to terms with, and finally accepting, his rare ability as a spirit messenger who helps people connect with those who have passed on. Born in the tough suburbs of Boston, John coped with a difficult childhood, where he was ridiculed by his family and society, leaving him feeling isolated because of his psychic abilities. He refused to acknowledge his gift until a near-fatal automobile accident amplified his skills to the point that he had to learn how to control what was once pushed away. Drawn by the history and knowledge of spiritualism in England, John went on a two-year journey throughout Great Britain. He tells the story of his training in the British spiritualist organizations and his time at Arthur Findlay College, an institution for psychic studies that John refers to humorously as "Spirit Boot Camp." He goes on to explain how he gained acceptance and respect within this tightly knit, often-conservative spiritual community. Throughout Born Knowing, John presents real-life case studies where he discusses his readings with clients, the effect on their lives, and the sense of closure people feel, knowing that their loved ones who have passed on are still with them. The book will also help you discover and develop your own psychic and intuitive abilities, recognize signals from the Other Side, and make spiritual connections for yourself.