

Kundalini Divine Energy Life Cyndi Dale

Monique Rebelle experienced a miracle that stopped her from ending her life and marked the beginning of a new, happy life. She takes us through some of the key events from her childhood and youth, describes the transformational kundalini rising process, and introduces a new, revelatory take on chakras, kundalini energy, and self-realization.

Chanting the psalms, or psalmody, is an ancient practice of vital importance in the Christian spiritual tradition. Today many think of it as a discipline that belongs only in monasteries—but psalmody is a spiritual treasure that is available to anyone who prays. You don't need to be musical or a monk to do it, and it can be enjoyed in church liturgical worship, in groups, or even individually as part of a personal rule of prayer. Cynthia Bourgeault brings the practice into the twenty-first century, providing a history of Christian psalmody as well as an appreciation of its place in contemplative practice today. And she teaches you how to do it as you chant along with her on the accompanying CD in which she demonstrates the basic techniques and easy melodies that anyone can learn. "Even if you can't read music," Cynthia says, "or if somewhere along the way you've absorbed the message that your voice is no good or you can't sing on pitch, I'll still hope to show you that chanting the psalms is accessible to nearly everyone."

One of the clearest presentations of India's Advaita Vedanta, the doctrine of Oneness. Adams, an American student of the great master, Ramana Maharshi, discourses with wisdom and delightful humor as he clarifies for Westerners India's teaching of Ultimate Reality.

An internationally renowned biophysicist and practitioner of traditional Eastern healing methods, Dr. Hawkes shows readers how they can repair and renew their bodies at the cellular level.

The painful search women experience as they try to reach the unrealistic levels of beauty and perfection promised in magic pills, wrinkle creams, digitally enhanced photos, media messages, and social learning, disappears the minute they learn the POWERFUL SECRETS shared in this revolutionary book. In her own attempt to feel "good enough" in a society that stole this away for her, Cindy is on a mission to expose some powerful secrets inside the body that the ancient elite tried to hide, and modern-day research is trying to expose! It will change the way women see themselves and live their lives, forever! Tap into the SECRET ENERGY and SACRED SCIENCE inside your body and in the highest power that surrounds you. Learn how to link these energy fields and create higher vibrations that possess the mystical power to heal, end depression, calm anxiety, release fear and addiction, balance the body, and recalibrate the energy inside you to create beauty, inspiration, infinite knowing, self-love, bliss, success, abundance, prosperity, and more—everyday miracles! EMBRACE... • Gifts, Beauty, Power, and Healing • Sacred Hidden Secrets • A Miracle Formula • Heaven on Earth • Magic, Miracles—and so much MORE!! This book combines enlightened knowledge from Dr. Wayne Dyer, Gregg Braden, Donna Eden, Dr. Ranjje Singh, Yogi Bhanjan, and other noted experts, along with the unique wisdom Cindy has gained from her work and study in the medical field. Cindy blends these insights with the connection she has made to those on the other side and her own near-death experience, to reveal a

divinely lit path to a vibrational frequency that holds all the beauty and power many women seek, and rarely find. Connect to the secrets—and then, pass them on! Get your sparkling heart @ www.realbeautiful.ca

When we eat, can we feed the soul as well as the body? Can a diet have an impact on spirituality? *Spiritual Nutrition* empowers readers to develop personal diets that are appropriate to their lifestyles and spiritual practices. Drawing on 14 years of clinical experience and research, Dr. Gabriel Cousens discusses nutritional issues that can help answer these questions, including raw vs. cooked food; high vs. low protein; the concepts of assimilation and fasting; alkaline--acid balance; attitudes about food; nutrients, energy, and structure building. In addition, Cousens shares his new dietary system of "spiritual nutrition" that is based on the relationship that the color of the food has to corresponding colors of the human chakra system, hence, the "rainbow diet." For true nourishment, he strongly promotes the connection of diet to meditation, fellowship, wisdom, and love.

Mary Magdalene is one of the most influential symbols in the history of Christianity—yet, if you look in the Bible, you'll find only a handful of verses that speak of her. How did she become such a compelling saint in the face of such paltry evidence? In her effort to answer that question, Cynthia Bourgeault examines the Bible, church tradition, art, legend, and newly discovered texts to see what's there. She then applies her own reasoning and intuition, informed by the wisdom of the ages-old Christian contemplative tradition. What emerges is a radical view of Mary Magdalene as Jesus's most important disciple, the one he considered to understand his teaching best. That teaching was characterized by a nondualistic approach to the world and by a deep understanding of the value of the feminine. Cynthia shows how an understanding of Mary Magdalene can revitalize contemporary Christianity, how Christians and others can, through her, find their way to Jesus's original teachings and apply them to their modern lives.

Just as our physical body is protected by our skin, our psyche and spirit have "energetic boundaries" that keep out harmful influences. These boundaries, invisible to the naked eye, are more than just defenses—according to Cyndi Dale, these "spiritual borders" are our soul's way of communicating to the universe what we do and don't want to experience in life. With *Energetic Boundaries*, this renowned intuitive and energy-medicine expert presents a definitive guide for maintaining this essential aspect of our health and personal integrity, including: Our four energetic boundaries—techniques to enhance the health of your physical, emotional, relational, and spiritual borders Self-diagnosis instructions for determining where your boundaries are weakest—and practical ways you can strengthen them How to signal the world that you are ready for success and prosperity Special guidance for healers, sensitives, and people whose work regularly exposes them to strong emotional forces How healthy boundaries allow us to balance intimacy and personal autonomy in relationships and parenting "Strong and flexible energetic boundaries allow us to share who we truly are with the world," teaches Cyndi Dale. Filled with insights, practical guidance, and easy-to-learn techniques, *Energetic Boundaries* is an indispensable tool for staying protected and connected in every aspect of life—in our relationships, career, and on our spiritual journey. "Energetic Boundaries is must-reading for everyone who wants to get and stay healthy. Understanding the role of boundaries and applying them is how one creates

health at the most basic level." —Christiane Northrup, MD, OB/GYN physician and author of the New York Times bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*

Professional clairvoyant and best-selling author Cyndi Dale has provided intuitive consulting and healing to more than 30,000 individuals, helping them lead more happy, successful, and fulfilling lives. Now she shares true personal stories and practical advice on how intuition can help you with everything from everyday concerns to major life decisions. Presented in an easy-to-follow Q&A format, the wisdom and guidance within these pages is organized into three categories: relationships, work or destiny, and health. Heartwarming, humorous, and surprisingly down to earth, *Everyday Clairvoyant* also offers tips and techniques for developing your own intuition, while offering insight on questions like the following: How will I know when I've met my true love? Do our children select us before birth? What are Indigo and Crystal souls? Are there ghosts? Do animals have souls? Does everyone have a spirit guide? How can I find my true life path?

Am I worthy of love? How do I truly commit to another without losing myself? Is there someone out there for me? Questions such as these are revealed within this book to be some of the most profound invitations of a lifetime.

Things Are Going Great In My Absence is not an ordinary book. It's an astonishing, mind-blowing, life-changing experience, due to the vortex of Energy, Light, and Divine Intelligence it guides you into, step by enjoyable step. Divine Openings realigns you with that organized field of resonance that carries you along in the Flow Of Life. It helps you let in more of the Grace that's been raining on you all along. When you're not able to let in that Grace, you can feel like you're dying of thirst in a rainstorm. *Things Are Going Great In My Absence* is so powerful and effective, it spread to over 150 countries by word of mouth, before even being in bookstores. We know it might sound too good to be true--but it does work in your life if you simply read it, let it in, and stick to it.

Whether you are seeking someone new or transforming an existing relationship, *Beyond Soul Mates* will show you how to love with the truest, most enlightened part of yourself. Because of the cycle of karma, soul-mate relationships are often fraught with predictable problems. But true-mate relationships engage our higher selves, inviting us to manifest and express our sacredness. Only when you connect your true self with the true self of another will your longing for intimacy and union be fully satisfied. Join renowned author and energy healer Cyndi Dale as she guides you from the often-turbulent waters of soul-mate relationships into the calm, peaceful, and refreshing waters of true-self relationships—and true love. Attract your true mate or re-ignite the flame of true love in your current relationship. Find a renewed sense of peace and harmony even in your nonromantic relationships. With practical guidance and inspiring real-life stories from her clients, *Beyond Soul Mates* is a down-to-earth guide filled with deep wisdom and profound inspiration.

Humanity is entering a new era—we are evolving into super-powered beings of light. Our auric energy bodies are experiencing a transformational shift as new crystalline structures form within and around our auras. Kala Ambrose, a respected wisdom teacher, intuitive, and oracle, teaches how to connect with your rapidly changing energy body to expand your awareness and capabilities on the physical, mental, emotional, and spiritual levels. This groundbreaking guide contains a wealth of practical exercises,

diagrams, and instructions that show you how to use this transformative energy to create powerful positive change in your own life and in the world. Repair the aura and maintain a balanced, healthy energy body Interpret and work with the auras of infants, children, and teens Understand energy cords and how they attach in relationships Sense and balance energy in buildings and natural locations Sense and communicate with spirit guides in the aura Use elemental energy to enhance your auric field Understand the impact of thoughts and emotions on the aura Access the akashic records through the auric layers Remove negative thought forms in the aura Create powerful protective fields in the aura for psychic protection Praise: "Kala is an amazing metaphysical teacher, with a deep understanding of her subject. In this well-written, personal, and heart-felt book, she reveals the secrets of the auric field, its power and meaning. This is a very useful and easy-to-understand guide." —Amy Zerner and Monte Farber, authors of *The Soulmate Path*, and the *Chakra Meditation Kit*

New Chakra Healing begins where the traditional seven-chakra system leaves off. Cyndi Dale explains how to work with the energy of the back sides of the chakras, as well as 20 other spiritual energy points. This innovative book also reveals a unique blend of psychological and spiritual healing techniques the author has used to treat thousands of clients—often with dramatic results. Included are step-by-step methods to remove internal energy blocks which manifest stress, addictions, low self-esteem, money and relationship problems, depression, and chronic pain or illness. By working with chakras and spiritual energy fields, readers can heal all resistance to living a successful life.

Describes how to develop intuition, the conscious management of psychic abilities, including an introduction to elements of the psychic world, categories of different intuitive abilities, and steps for practicing three types of psychic sensitivities.

Best-selling author Cyndi Dale shows how to analyze your chakras—the body's centers of energy—to identify your personality type and achieve your ideal body. For each of the 11 types, she suggests complementary lifestyle habits to produce perfect physical and spiritual health. An interactive guidebook to understanding chakras and how to use them to improve your physical health and self-image. Details 11 major chakra body types with ideas for diet, exercise, style, attitude, and spiritual principles tailored to each type. Dale's books have sold more than 100,000 copies.

Explore the Energetic Dimension of Your Health—In Living Color! When it comes to the subtle body, coloring is more than just an enjoyable way to learn about the energy systems that govern our health—it's also an effective practice to help awaken your intuitive connection to your chakras, meridians, and more. With *The Subtle Body Coloring Book*, Cyndi Dale joins illustrator Richard Wehrman to bring you an illustrated resource on healing modalities from a variety of traditions, inviting you to:

- Embark on a coloring tour through the major energy structures of the subtle body—fields, channels, and centers
- Explore the body's aura and electromagnetic biofield
- Illuminate the meridians—the body's chi channels as identified by Traditional Chinese Medicine
- Awaken the gifts and wisdom of each chakra as you color them
- Journey through your acupuncture points, organs, and the subtle energy centers that empower health and wellness
- Learn the special qualities and healing properties of each color you use

Filled with practical guidance for students, teachers, and holistic practitioners here is an information-rich book that serves as an educational tool, memorization aid, and a great way to relax and explore the energetic dimensions of our health.

THE JOURNEY AFTER LIFE, is a journey into and beyond death, describing what occurs

physically, energetically, and spiritually while you are dying and what choices you face upon leaving your physical body. It also offers concrete ways to negotiate the soul's evolutionary path while alive. Through this comprehensive primer on how we can ready ourselves for "the adventure we call death," Cyndi Dale offers a unique insight into the remarkable odyssey that awaits us all – the soul's voyage from darkness into light. Examines issues such as:

- Definitions of the parts of the self, including body, mind, soul, and spirit
- Aspects of soul healing, including recession, possession, and fragmentation
- The types of spirits and other entities that have an impact on death, including angels of death, demons, and the masters of the Planes of Light
- Questions of heaven, hell, and purgatory
- Violent death situations, such as sudden death, suicide, genocide, and torture
- The impact of abortion, adoption, and other birth issues
- Other circumstances of dying and what they mean, including illnesses and conditions such as Alzheimer's disease

Cyndi Dale is an internationally renowned author, speaker, intuitive healer, and visionary. She is president of Life Systems Services, a corporation that offers intuitive-based healing, destiny coaching, and corporate consulting. Cyndi has been trained in multiple healing modalities, including shamanism, intuitive healing, Lakota medicine, and Reiki. She has written several groundbreaking books on the chakras, including *Advanced Chakra Healing*, *Attracting Prosperity Through the Chakras*, and *New Chakra Healing*, and her work has been translated into nine languages.

This Book, Is Authored By The Marvel Yogi Of 20Th Century. His Divine Grace Acharya Keshav Dev Ji Maharaj Who Himself Is A Mystic. As He Under Went Personally In A Deep Meditation For A Period For Almost More Than Forty Years And Experienced Extra Ordinary Mystical Knowledge And Experiences. He Has Practically Proved The Importance Of The Kundalini Mahashakti For The Present And Coming Generations.

The Ultimate Guide to Chakras and Energy Systems As powerful centers of subtle energy, the chakras have fascinated humanity for thousands of years. Llewellyn's Complete Book of Chakras is a unique and empowering resource that provides comprehensive insights into these foundational sources of vitality and strength. Discover what chakras and chakra systems are, how to work with them for personal growth and healing, and the ways our understanding of chakras has transformed throughout time and across cultures. Lively and accessible, this definitive reference explores the science, history, practices, and structures of our subtle energy. With an abundance of illustrations and a wealth of practical exercises, Cyndi Dale shows you how to use chakras for improving wellness, attracting what you need, obtaining guidance, and expanding your consciousness. Praise: "In one thoroughly researched and beautifully written book you can learn...what it took ancient seekers a lifetime to uncover."—Steven A. Ross, PhD, CEO of the World Research Foundation and author of *And Nothing Happened...But You Can Make It Happen* "A shining constellation of timeless wisdom and brilliant insights on chakras. This groundbreaking book is an essential conduit to whole-self healing."—Dr. Deanna Minich, founder of Food & Spirit "Expertly researched, well written, and easy to understand. The go-to guide for understanding subtle energy systems."—Madisyn Taylor, bestselling author and editor-in-chief of DailyOM "Cyndi's exploration of cross-cultural systems is stunningly complete...Very impressive."—Margaret Ann Lembo, author of *Chakra Awakening*

Everything is made of energy, even food. Especially food. This tarot-cookbook mash-up brings together magick and 78 recipes to transform everyday energy into something extraordinary.

"Every recipe Courtney McBroom's writes turns the basics into deliciousness and pairs perfectly with Melinda Lee Holm's magickal prowess."—Christina Tosi, chef/owner of Milk Bar With a flick of the wrist and a shuffle of your favorite tarot deck, you're on your way to a life of kitchen witchery. In *Divine Your Dinner*, tarot priestess Melinda Lee Holm and chef Courtney McBroom have conjured up a feast for the mind, body, and spirit. Each of the 78 recipes in this cookbook interprets a specific tarot card and its energy. Pull a card—at random or with

intent—from your deck, flip to the card's corresponding recipe, and you'll find magical ingredients to infuse your meals with spiritual energy from the Tarot. • Boost your powers of reflection with The Moon's Pumpkin Corn Bread • Fight Five of Swords anxiety with Salt and Juniper Berries: Confit a Duck! • Relax into The Empress's nurturing love with A Rose Is a Rose Is a Rosé Punch Making magick has never been so deliciously easy.

Developing your natural psychic skills begins with an open heart, and the more you connect with your heart, the easier your abilities flow. In this introduction to psychic development, you'll learn to embrace your spiritual gifts and expand them based on the system of three pillars: awareness, auric vision, and intuition. The Way of the Psychic Heart is an easy-to-use guide to rediscovering your forgotten spiritual gifts. Everyone is psychic; it's a normal state we've forgotten and can reconnect with through the quizzes, exercises, personal stories, and simple instruction provided within. Explore a variety of topics, including psychic protection, automatic writing, working with dreams, communicating with spirit guides, and more. With his friendly and approachable style, author Chad Mercree shows you how to integrate intuition into everything you do. Praise: "Readers will enjoy learning about the role of the heart in extraordinary experiences, spirituality, and ESP."— Henry Reed, PhD, author of *Awakening Your Psychic Powers*

Attract more of what you love into your life, travel between lifetimes, connect with the deceased or a child yet to be born, and much more by using your clairvoyant talents. Renowned author Cyndi Dale reveals the secrets of clairvoyant energy and provides step-by-step instructions for six different clairvoyant styles. From healing and manifesting to clearing blocks, using future sight, and understanding the chakras, this wonderful guide helps you explore many topics and grow through the power of your energetic abilities.

Obtain the guidance you need to make better decisions, improve your health, and take purposeful action with renowned author Cyndi Dale. In this book on clairaudience (the ability to hear sounds or words from the spirit world), you'll find step-by-step instructions for using six styles of this psychic skill: classical clairaudience, speaking in tongues, clairaudient writing, telepathy, connecting with natural beings, and applying clairaudience for healing and manifesting purposes. Build your clairaudient toolkit and utilize Cyndi's specialized techniques. Explore exercises designed to improve your skills as you move through each chapter. This essential guide helps you enhance your spirituality and attract great opportunities.

Chakras are subtle energy centers that affect all levels of your being: physical, psychological, and spiritual. In this pocket-size hardcover guide, discover why these spinning wheels of energy are the key to living at your highest potential, with tips for using chakras to: Heal from physical and psychological wounds Express feelings easily and productively Transform work into a joyful vocation Solve financial and career difficulties Free repressed emotions Deal with life's puzzles and predicaments Soothe the heart and create more loving relationships

Visionary chakra healer Cyndi Dale presents a new approach to heart disease, treating it as an opportunity to love the ailing heart and to allow the heart to love. Using her revolutionary Four Pathways method, she explains how to intuitively activate the chakras to heal cardiac illness. Patients and their loved ones will learn how to tap into their own energetic powers to chart a course toward health and wholeness.

Kundalini has been called the energetic key to enlightenment and the secret to well-being and wisdom. Complex and powerful, this mysterious energy is often linked to sacred sex and our spiritual mission. Kundalini is one of the most discussed, but least understood, forms of divine energy. So what is it, really? Renowned intuitive healer Cyndi Dale presents concise yet comprehensive guidance to help you truly understand

kundalini energy and how to use it to transform your life spiritually and physically. Recognizing and integrating this sacred energy is essential to achieving vibrant health, having better and more meaningful relationships, and finding your life's authentic purpose. Featuring the latest scientific research, this guide also explores mystical practices such as breathwork, tantra, and mantras, and offers illuminating first-hand accounts from Cyndi's healing and teaching practice. Praise: "An informative read for anybody who has been curious about one of yoga's lesser-known forms."—IASPA Magazine

Balance and heal your mind, body, and soul by tapping into the connections between your chakras and your diet. *Chakras, Food, and You* is a revolutionary approach that customizes health assessments based on the chakras—the ancient system that modern-day yogis exalt and the ancients across all cultures and periods embraced as the secret to enlightenment. After first taking the Chakra Type Quiz within the pages, you will learn which foods and supplements, exercises, and movements mesh to enable your individual body's peak performance. Then, you'll be equipped to make eating and lifestyle choices that synchronize with your real self. If you're a First Chakra Manifestor, you'll boost your adrenals by eating plenty of protein and taking extra minerals; you'll eat when you are hungry and drive down stress by moving around. If you are a Third Chakra Thinker, you have to graze at set times. All twelve chakras—Manifestor, Creator, Thinker, Relator, Communicator, Visualizer, Spiritualist, Mystic, Harmonizer, Naturalist, Commander, as well as a twelfth special chakra, unique to each individual—are thoroughly covered. With additional tips and thoughts on meditation and spiritual practices, sleep protocols, stress-busters and relaxation practices, and self-care rituals and activities, Cyndi Dale and Dana Childs's *Chakras, Food, and You* is an accessible and straightforward health-and-life changer.

Engage the chakras as a road map for self-discovery, harness the power of crystals, and practice self-love through erotic spirituality with *Crystal Healing and Sacred Pleasure*. Whether you're new to crystals or experienced with crystal healing, *Crystal Healing and Sacred Pleasure* offers the essential information and techniques you need to get your energy flowing freely again. The flow of energy through our chakras (the energy centers of our bodies) is essential to our fundamental well-being and our ability to experience our lives fully. When chakras get blocked, the natural flow of energy is hindered, and we experience disconnection from our physical bodies. Crystal healing can release blockages and bring necessary attention to our whole being, while helping to heal physical or emotional trauma. Crystals have been used for centuries as a way to release and harmonize energy. Each crystal has its own unique qualities that are suited to specific kinds of blockages. When used properly, crystals can have a powerful and positive effect on our lives. This book features: A clear introduction to the body's chakra system Guidance for determining if a chakra is blocked Essential information on crystals and how they work Specific techniques and practices for using crystals to embrace self-love and achieve greater intimacy and pleasure A comprehensive chart linking crystals to their chakras; zodiac elements; color energies; and physical, emotional, and spiritual benefits An annotated reading list of books, blogs, and websites to support you as you continue on the path of crystal healing Embrace the healing power of crystals and open yourself to greater well-being, intimacy, and sensual pleasure.

Join world renowned energy healer and bestselling author Cyndi Dale as she provides a comprehensive guide to energy and chakra work using the four pathways healing system. The concepts and techniques of this potent approach are designed to be totally aligned with love so that you can achieve the awakened state that brings true healing. The elemental pathway works by addressing thoughts, feelings, foods, and other material substances. The power pathway helps you command the movement of forces. The imaginal pathway supports the transfer of energies between otherworldly realms and dimensions. The divine pathway helps you meet your needs in accordance with divine truths, which dissolves the negativity that results from unmet needs. Filled with more than forty specific hands-on exercises, this book shows you how to negotiate the four pathways through the subtle energy organs known as the chakras. You will explore the energy patterns and programs that underlie imbalances and illness and learn shift-healing techniques, methods for energy mapping, and Cyndi's signature Spirit-to-Spirit practice. The four pathways are interconnected and dynamic, so when you transform one you transform them all, leading to healing outcomes that are based in the unifying energy of love.

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.

Free Yourself from Trauma & Chronic Health Challenges Join renowned spiritual healer Cyndi Dale as she shares groundbreaking techniques for resolving challenging energetic and spiritual issues. Trauma and pain caused by environmental, physical, psychological, electronic, and spiritual forces can have major effects on every aspect of your life. This book includes dozens of subtle-energy healing methods and five flip-to-reference guides as well as personal assessment questionnaires to help you gain the power you need to heal from trauma. Within these pages, Cyndi explores her powerful spirit-to-spirit healing modality and hands-on exercises for: Working with the Six Vital Forces • Aligning with Spirit Guides • Awakening the Vagus Nerve • Activating the Chakras • Locating Hidden Inner Wounds • Releasing Negative Energies • Cleansing the Auric Field • Harmonizing the Infra-Low Brainwave • Charging with Colors • Creating Love with Tones • Healing Streams of Grace • Achieving the Theta State

You will also discover the contemporary research on the effects of trauma on epigenetics, transgenerational inheritance, and mast cells. Combining insights from mainstream science, psychology, and subtle healing modalities, this book provides a truly holistic approach to recovery.

Learn to mobilize latent energy in your body and direct it to energize and awaken

your higher brain • Provides a simplified step-by-step guided process to the higher-brain activation techniques of Source Code Meditation • Explains how to shift energy out of the lower “survive” brain into the higher “thrive” brain to bring confidence, clarity, and empowerment for transformative change in all areas of life • Reveals how the “brain first” techniques of SCM tune the brain to receive meditation, enabling access to deep flow states, transcendent states of consciousness, and higher brain potential The human brain is like a flowing river of potential. Until now, that river has been blocked, barricaded, and diverted by the primitive lower brain. The lower brain hijacks our ability to experience deeper flow and higher transcendent states of consciousness. It also guards against the full expression of the passionate human heart. Source Code Meditation (SCM), with its nine summits of transformation, effortlessly re-routes that lower brain diversion, allowing you to activate latent energy in your body, awaken your higher brain, enlighten your mind, and set your heart on fire to create a new world. With traditional meditation techniques, it often takes decades of practice for hours each day to confer significant changes in the mind and the higher brain. Few of us make it to these rarified states of mind, due to the amount of time and the intensity of focus needed. With “brain first” SCM techniques, you mobilize latent energy in the body and direct it to energize and awaken the higher brain before meditation begins. With the higher brain prepped and tuned, meditation is efficiently received, leading to quantum breakthroughs in higher consciousness without years of practice as well as access to deep flow states, transcendent states of consciousness, and higher brain potential. Providing a simplified step-by-step guided process to SCM, Dr. Michael Cotton explains how to shift energy out of the lower “survive” brain into the higher “thrive” brain to bring confidence, clarity, and empowerment for transformative change in all areas of life. Distilled from the world’s most comprehensive philosophy, Integral Metatheory, SCM offers not only a way to create the brain state necessary to change the mind, but the crystal clarity needed to use these advanced meditative states to actualize your potential and live your destiny to the fullest.

Renowned author Cyndi Dale invites you into the world of subtle energy, where you'll explore auras, chakras, intuition, and the basics of her groundbreaking energy techniques. Whether your goals are physical, psychological, or spiritual, these methods can help you achieve your desires, heal your wounds, and live an enlightened life.

Cyndi Dale's *The Subtle Body* has become the go-to reference guide for anyone who wants to learn about the many varieties of energy healing. With *The Subtle Body Practice Manual*, she offers an equally valuable resource: a practical instruction manual for putting energy healing into action. Filled with lucid information, step-by-step guidance, diagrams, and key insights, here is an expansive how-to manual that covers practices from a vast range of holistic healing and energy medicine traditions, including: The six core energy techniques that every healer should know Energetic diagnosis practices to

determine which kind of modality will be most effective for specific health issues
Setting strong and flexible energetic boundaries, with special guidance for those
in the healing professions Techniques for working with the subtle aspects of the
body, emotions, and the subconscious mind Dozens of practices for healing
through the chakras, the meridians, chi, breathwork, auric fields, sacred
geometry, acupuncture, music, and much more As Cyndi Dale writes, all
medicine is energy medicine—which is why subtle energy practices can be used
to complement and enhance any approach to healing or self-care. Presented with
Cyndi Dale's thorough scholarship and clear writing style, *The Subtle Body
Practice Manual* provides professionals and laypersons alike with an
indispensable resource on the many varieties and applications of energetic
care—so you can begin using these powerful practices in your own life.

Discover your innate empathic abilities with popular author Cyndi Dale as your
guide. With this hands-on training course, you'll learn how to comfortably use
empathy for better relationships and healing the self and others. *The Spiritual
Power of Empathy* presents this often-unrecognized ability in accessible ways,
allowing you to discover an expanded awareness of what empathy is, how it
works, and the myriad ways it manifests. Develop deeper connections with your
loved ones, use specialized techniques for screening and filtering information,
and gain insights on how to overcome the difficulties empaths often face. With
the power of empathy, you'll transform the way you live and connect with the
world around you. 2015 IPPY Award Gold Medal Winner in New Age (Mind-Body-
Spirit)

Welcome to the first comprehensive encyclopedia of the human energetic
anatomy. Here is a reference that no personal or professional health-care library
should be without—an in-depth, illustrated guide to the invisible energies of the
spirit, psyche, and consciousness that influence every aspect of our well-being.
Whether you are looking for the right complementary medicine to enhance your
own healing practice, seeking perennial wisdom about your body's energetic
nature from world traditions, or exploring the quantum edge of intention-based
care, *The Subtle Body* is an indispensable companion for exploring virtually any
facet of holistic healing. Created for healing professionals and patients alike, this
volume provides a lexicon of terms, illustrations, and detailed entries about our
energetic biology and how it relates to our physical being. This invaluable
information will help you enhance any form of health care and give you the
knowledge you need to develop an integrated approach for your clients' well-
being—or your own. All healers are "energetic" healers, whether they know it or
not. Because every health issue has a physical and an energetic component,
even a simple physical treatment like bandaging a cut also impacts the body's
spiritual, mental, and emotional welfare. *The Subtle Body* is a comprehensive
encyclopedia devoted to the critical world of our invisible anatomy, where so
much of healing actually occurs. Compiled by intuitive healer and scholar Cyndi
Dale, this 500-page full color illustrated reference book covers: What is the

"subtle body"? New scientific understanding of our quantum-state existence and the unseen fields that determine our physical condition True integrative care: how combining Eastern energetic modalities with Western scientific rigor yields optimum results The meridians, fields, and chakras: detailed information and diagrams about the role of these energetic structures in our overall health Energy-based therapy principles from the world's healing traditions--including Ayurveda, Qigong, Reiki, Quabalah, and many more For professionals who want to make the leap from being good healers to great ones, one thing is clear: we need to care for every facet of our well-being. With *The Subtle Body*, practitioners and patients alike now have an unprecedented resource for understanding the physical, energetic, and spiritual elements of human health--for an informed, complete approach to healing.

In these "interesting times," when many people are searching for spiritual nourishment, this book is intended to be a means of providing it. *Rebirthing Into Androgyny: Your Quest For Wholeness, And Afterward* offers to the hungry ones a familiar yet totally different feast. While it sets forth an already-established metaphysics, it also presents a radical new idea--one that has been implicit in that spiritual thought but unavailable until now and the new awareness associated with quantum physics. In other words, while this book provides soul searchers--also known as learners--with an ages-old means of generating a fundamental inner change (a rebirthing), it also provides a new, living prototype of what is being reborn. Thus, a person's rebirthing is both a gestation and a labor (a quest) producing an ever-increasing knowing ("gnosis"), which gradually becomes being that can finally merge with the Beloved/Self. And the new, living prototype is that of the human soul, not as what a person has but as what a person is: a creative energy being who generates its own "bodies" out of its soul substance--its creative consciousness energy--by means of its archetypal human energy system, while always being guided by its nucleus of divinity. In this book, which is a textbook for soul searchers, all of this transformative change is offered, explored and explained in a series of carefully-crafted lessons lovingly taught by a shamanic teacher/healer in a stone circle "classroom," the ancient site of a modern teaching. There is a grand feast awaiting! The cover design was created by Paula Kozak, Sarasota, Florida: set in a circle representing the Unity of the Cosmos, the Oneness that includes all people, the hexagram is an ancient symbol of androgyny. The Nordic rune "Dagaz" across its center signifies breakthrough and transformation. The gold of the hexagram against the white background indicates the ever-present divine energies that guide and sustain, while the light spectrum surrounding the circle and extending in all directions indicates the auric "field" of a human energy being, inseparable from its Creator. Chakras--the energy centers within each of us--are the secret to our ability to act spiritually. By working with spiritual energy fields, you can find and express your free, unblocked, inner self, and discover health and happiness in the process. *ADVANCED CHAKRA HEALING* is a hands-on guidebook with step-by-step

methods for removing internal energy blocks that manifest as confusion, stress, addictions, low self-esteem, money and relationship problems, depression, and chronic pain or illness. Building on her work in the best-selling *New Chakra Healing*, Cyndi Dale introduces her revolutionary "energy mapping" system, an accessible approach to determining and diagramming the causes of an energy problem and using energetic means to solve or shift it. With **ADVANCED CHAKRA HEALING** you can achieve your true purpose by healing the whole you-body, mind, and soul. An indispensable advanced manual for applying the chakra philosophy in diagnosing and healing energy issues and problems. A leading resource for energy experts, energy healers, and self-care aficionados. The follow-up book from the internationally-known author of *New Chakra Healing*.
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