

lives. Zukav reveals how true emotional awareness can transform the human experience. Although it is challenging and difficult, because it means becoming aware of suppressed pain, it is also enormously rewarding. But first the determination to explore every aspect of consciousness, and to cultivate those that contribute the most to life, must replace the desire to bury painful emotions. Ultimately emotional awareness can free us from the compulsions, fixations, obsessions and addictions that block our spiritual development - among them anger, workaholism, perfectionism, obsessive eating, alcohol, drugs, sex - and allow us to live a fulfilling and meaningful life. THE HEART OF THE SOUL will be a revelation for readers - a soul tool with which we can forge a greater emotional awareness to enable us to use our emotions in the creation of authentic power. It is a book to read not once, but several times, for it is a life-changing work that can transform our lives for the better.

Love Letters from the King Tarah-Lynn Saint-Elie 2021-08-10 We all desire to feel seen, treasured, and wanted. Most of us head to social media for it, but the truth is this: only God's love can fully satisfy us, and he has all the answers. Our Father and King wants to help us filter through the lies, confusion, heartbreak, and expectations of the world as we feast on his Word. With Love Letters from the King, Tarah-Lynn Saint-Elie encourages you to swipe out of social media and into Scripture. Through 100 biblical devotions, Tarah-Lynn reveals God's heart for you as you wrestle with issues of identity, intimacy, pain, and perseverance. Each devotion includes - relatable entries sharing the struggles of young women - prayer prompts to continue your conversation with God - Scripture meditations to dig deeper - biblical affirmations to carry into your day God is singling you out to write a love letter that will speak to your situation and soothe your soul. Modes of communication have changed, but our King will always get his message across to you.

Soul to Soul Gary Zukav 2012-12-11 Soul to Soul, the eagerly awaited new book from world-renowned inspirational teacher and philosopher Gary Zukav, marks a significant step forward in the evolution of his work. Beautifully written, it is comprised of two parts. The first section, 'Soul Subjects' consists of over 60 brief but enormously compelling and profound stories of people's lives that embody the 'felt experience', offering insights and wisdom that are truly meaningful. The second section, 'Soul Questions' combines psychological insight and deep spirituality, providing fascinating answers to well over 100 fundamental questions about the true essence of human existence that will be of enduring value to readers. Written with maturity of voice and with compassion, it is a landmark new title in the field of spiritual intelligence.

Self-Empowerment Journal Gary Zukav 2012-12-11 This is the companion book to Gary Zukav and Linda Francis' groundbreaking new work THE MIND OF THE SOUL: RESPONSIBLE CHOICE, which explains how readers can take responsibility for the choices they make in life and liberate themselves from the illusion that they are victims of their own circumstances. The SELF-EMPOWERMENT JOURNAL is the process-orientated workbook that enables readers to actively apply the exercises and discover for themselves new ways of being that will bring satisfaction and wholeness into their lives. By looking deeply into themselves, readers determine what works for them and what does not. They learn to stop blaming others for their problems. They develop the freedom to experiment with their lives, decisively taking charge of their actions. They discover ways to overcome the destructive behaviour that holds them back and practise new ways of achieving authentic power. The journal is the crucial tool that keeps them focused on their journey, helping them to make wise and empowering choices in life.

Universal Human Gary Zukav 2021-06-22 "The author of the legendary #1 New York Times bestseller The Seat of the Soul shows us step-by-fascinating-step how to create a life of love and where that now leads"--

Spiritual Partnership Gary Zukav 2010-04-27 In his first major book since the legendary bestseller The Seat of the Soul, Gary Zukav reveals a revolutionary new path for spiritual growth. What began with an introduction to a major paradigm shift in The Dancing Wu Li Masters turned into a discussion of aligning our personalities with our soul in The Seat of the Soul; finally, in Spiritual Partnership, Zukav guides the reader on this practical path to authentic power.

The Thought of God Maurice Roberts 1993 Maurice Roberts' articles speak to the needs of the times. They have God and his Word as their starting place; and their horizon stretches beyond time to eternity.

Meditations from the Mat Rolf Gates 2010-10-27 365 daily reflections offering a way to integrate the mindfulness that yoga teaches into everyday life, from the acclaimed yoga teacher, Rolf Gates. As more and more people in the West pursue yoga in its various forms, whether at traditional centers, in the high-

powered atmosphere of sports clubs, or on their own, they begin to realize that far from being just another exercise routine, yoga is a discipline of the body and the mind. Whether used in the morning to set the tone for the day, during yoga exercise itself, or at the end of the day, during evening reflection, the daily reflections in Meditations from the Mat will support and enhance anyone's yoga journey.

The Seat of the Soul Gary Zukav 2014-03-11 Explores a new phase of human evolution that reflects a growing understanding about authentic, spiritual power based on cooperative beliefs and a reverence for life.

Find Your Soul Hilary Bowring 2013-08-15 Find Your Soul. Discover your life purpose. We are in the middle of an evolutionary shift in human consciousness, from being centred on individualism to the realization that we are One Consciousness. In the transition we can feel overwhelmed—but if we just focus on evolving ourselves we positively affect everyone! In Find Your Soul you learn how to connect with your soul and manifest your role in the evolutionary plan. Align with your soul using self-transforming ideas and 9 powerful heart-centred meditations that open your heart. Use these short meditations daily and gradually your soul purpose becomes clear. A must read if you are on a journey of transformation. Hilary's book is a constant source of inspiration and guidance --If you have a vision of a "world full of grace with plenty of abundance for Everyone" this is a map to get there. With insight and integrity, she opens new doors of self awareness and leads us to release the power within. Pat Helferty. Owner Recruitment Agency. An insightful perspective and practical guide to personal awareness and fulfillment., Inspirational! Hilary 'thinks outside the box'. She has provided an enlightened message from the depths of her life experience. Undaunted after a devastating personal tragedy, her book is a testimony to the strength of the human spirit and gives a recipe for inner peace. Barry Bates. Consultant. Every so often the perfect book appears just at the right time! Helps to discern who is in command in your life, the ego or the soul. Meditation exercises help to elevate your consciousness. Judy Tollifson. Teacher A very accessible book to feel more connected to one's soul's purpose. Reveals psychological and spiritual ways to work with the suggestions. I particularly like the spareness filled with teaching. Joan McClintock. Therapist

Thoughts From The Heart Of The Soul Gary Zukav 2012-12-11 Anger. Pain. Longing. Fear. Despair. These are all negative emotions we tend to try to keep at bay and pretend don't exist. And yet bestselling author Gary Zukav, who has been working in the field of emotions for over a decade, suggests we should and can bring these unmentionables out of the closet and deal with them. Not to do so is like trying to prevent water flowing downstream. You can dam it for so long, but then it's likely to flood. Hence the prevalence of road rage, stress, alcoholism and various other addictions in our society. Now, in THOUGHTS FROM THE HEART OF THE SOUL the authors offer a collection of meditations to help us understand our emotions and live healthily and happily in harmony with them. Both a companion piece to THE HEART OF THE SOUL and a stand-alone book that offers insight into who we are and all that we can become, this enlightening compilation of reflections and meditations will be cherished by readers for years to come.

Mind Set Free Jimmy Evans 2018-12-17 We live in a world filled with sexual imagery and seduction. These influences seek to assault us at every turn. The enemy has created this battlefield in order to corrupt our minds. This book will unlock the keys to how you can have "a mind set free" from the temptation that surrounds us every day.

The Busy Soul Terry Bookman 1999 For busy souls who yearn to bring spirituality into their daily routine, this unique book offers 10-minute guided prayers and meditations to make every day count.

Soul Speak - The Language of Your Body Julia Cannon 2013-08-01 In this book you will discover what the messages from the different body systems mean and how you can heal any situation by understanding the message that is being delivered and acting appropriately on that message. This is a secret language that is now being revealed. It is no longer a mystery. Discover for yourself what YOU are trying to say to YOURSELF.

Soul to Soul Meditations Gary Zukav 2012-12-11 In Soul to Soul, Gary Zukav addressed some of the most fundamental questions about the human experience, with profound answers that are of truly universal value. Now with Soul to Soul Meditations, Zukav provides 365 inspirational excerpts, one for each day of the year, with each page opening up new insights for reflection. The perfect gift for somebody you love or for yourself, the book is small enough to fit into a handbag, and take with you wherever you go. Think of these meditations as doorways through which soul to soul communication can enter your life and transform it. This lovely collection of meditations can be read independently of Soul to Souler used as a companion piece.