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A social scientist recreates his search for expanded consciousness, through the psychedelia of LSD to the final calm and inner wisdom of Rajah Yoga

Join Deepak Chopra on a wondrous journey. . . "The Path to Love." Philosophical, inspiring, and ultimately very practical, The Path to Love is a book that can change lives as it invites the spirit to work its wonders on the most complex and richly rewarding terrain of all: the human heart.

Two years before adopting seven-year-old Keydell from a group home for young boys, Kim made a vow before the Dalai Lama to become a bodhisattva: one who cultivates an enlightened mind, is free from delusion, and practices kindness and compassion above all else. However, she struggles with this practice as her new son's challenged mind sends him into fits of rage and violence, while seemingly allowing him to feel no remorse for his actions. His behaviors go against everything Kim believes in, but she is determined to keep her chocolate-eyed boy safely in the home she has created with her husband and two biological children. As she tries everything she can to get Keydell the help he needs, she must also learn to accept him exactly as he is: a tiger in the home of elephants. This vulnerable and touching account highlights the interplay between desire and reality, denial and acceptance, struggle and enlightenment. As the minds of this mother and her extraordinary son awaken - Kim's through her Buddhist practice, and Keydell's through the science of neurofeedback - we witness the power of love and compassion to overcome even the greatest odds."

Join Deepak Chopra on a wondrous journey. . . "The Path to Love." Philosophical, inspiring, and ultimately very practical, The Path to Love is a book that can change lives as it invites the spirit to work its wonders on the most complex and richly rewarding terrain of all: the human heart. "From the Trade Paperback edition."

As men and women find that they can no longer rely on old roles and formulas to get along, intimate relationships call for a new kind of honesty and awareness, a willingness to let go of old patterns and cultivate new capacities. Journey of the Heart shows how we can rise to this challenge by learning to use whatever difficulties we face in relationships as opportunities to expand our sense of who we are and deepen our capacity to connect with others. This is the path of conscious love.

This is the most accessible work in English on the greatest mystical poet of Islam, providing a survey of the basic Sufi and Islamic doctrines concerning God and the world, the role of man in the cosmos, the need for religion, man's ultimate becoming, the states and stations of the mystical ascent to God, and the means whereby literature employs symbols to express "unseen" realities. William Chittick translates into English for the first time certain aspects of Rumi's work. He selects and rearranges Rumi's poetry and prose in order to leave aside unnecessary complications characteristic of other English translations and to present Rumi's ideas in an orderly fashion, yet in his own words. Thorough, nontechnical introductions to each chapter, and selections that gradually present a greater variety of terms and images, make this work easily accessible to those interested in the spirituality of any tradition.

How do we heal our difficult relationships and nurture our healthy ones? What is their significance in our spiritual life? In this deeply moving, groundbreaking book, John E. Welshons answers these questions and many more. He shows why the path to real and lasting happiness lies in recognizing that we are all One, and in living in that awareness. He shows us how to heal our most difficult relationships by transforming them into our greatest spiritual lessons and how to love, forgive, and care for our fellow human beings — even those we find most difficult to love and forgive. With compassion and wisdom, Welshons invites us into a revolutionary new understanding

of ourselves, our spiritual life, our world, and all our relationships.

Our Life is Love describes the transformational spiritual journey of the first Quakers, who turned to the Light of Christ within and allowed it to be their guide. Many Friends today use different language, but are still called to make the same journey. In our time people seeking deeper access to the profound teachings of Christianity want more than just beliefs, they want direct experience. Focusing on ten elements of the spiritual journey, this book is a guide to a Spirit-filled life that affects this world. Quakers in the seventeenth century and today provide examples of people and communities living in the midst of the world whose radical understanding of Christ's teachings led them to become powerful agents of social change. The book offers a simple, clear explanation of the spiritual journey that is suitable not only for Quakers, but for all Christians, and for seekers wanting to better understand our spiritual experience and the fullness of God's call to us. The book would make an excellent focus for study groups. Marcelle Martin has led workshops at retreat centers and Quaker meetings across the United States. She served for four years as the resident Quaker Studies teacher at Pendle Hill and was a core teacher in the School of the Spirit program, The Way of Ministry. She is the author of the Pendle Hill pamphlets Invitation to a Deeper Communion and Holding One Another in the Light. In 2013 she was the Mullen Writing Fellow at Earlham School of Religion while working on this book.

This book is about you, getting to know yourself for who you really are and learning how to see all the good there is for you already in place. It is an invitation to look at yourself and your life and see all the wonder and magnificence. Are you ready? Is your life ready for a MAJOR CHANGE At last, a readable semi-autobiographical book outlining 'religious science based life plans' in the areas of HEALTH, WEALTH, CAREER, RELATIONS and more! DePalma

bare her soul to reveal how she climbed out of the 'dark' valley into a life filled with glowing success. READ THIS BOOK ---and start your own climb---you can do it too! Walter J. Peach, Ph.D., Religious Science Practitioner (retired) If you would like to improve the quality of your life, then this book will guide you down the path of "self discovery" showing you step by step how to achieve the life that you want. Exposing her vulnerability and sharing with you how she transformed her life is a genuine blessing to every reader. You will surely relate too many of her life challenges, how she moved through them and how you can too. The book includes numerous tools and exercises that you can use to speed up your transformation. I highly recommend that you take up Cath's challenge. Go ahead and say it, "I'll show you!" Bruce I. Doyle, Ph.D. Former GE Executive, President of Growth Dynamics Coaching.

Zen and the art of falling in love . . . At once practical, playful, and spiritually sound, this book is about creating a new love story in your life. Drawing from Christian, Buddhist, Sufi and other spiritual traditions, If the Buddha Dated shows how to find a partner without losing yourself. Kasl, a practicing psychotherapist, workshop leader, and Reiki healer for thirty years, offers practical wisdom on using the path to love as a means of awakening. If the Buddha Dated teaches that when you stay loyal to your spiritual journey, you will bring curiosity, fascination, and a light heart to the dating process.

Note: The eBook version has been revised and updated, however the information and teaching is essentially the same as the printed version. This book is a national and internationally best-selling classic with a timeless message. It has been translated into over 24 languages. Once in a decade comes a book that can affect people at the very core of their experience. A contemporary masterpiece in the tradition of the world's great spiritual writings, Spiritual Growth is such a book. It contains the essence of the contemporary spiritual path, embodying joy, growth, and increased aliveness. The teachings are profound and inspirational. Open the book to any page. Quiet your mind, read, savor the words. The effect is instantaneous. Your mind is uplifted, your heart is opened, and your body experiences the sensations of peace. The techniques are practical. Spiritual Growth teaches readers how to move to higher consciousness, when to be an active force, and when to surrender and let things happen. Spiritual Growth will teach readers how to: be their Higher Selves in their everyday life, create a vision of their higher purpose, and manifest what they

want rapidly and easily. Readers will learn to work with light for healing and growth, to connect with the Universal Mind for enhanced creativity, and to link with the Higher Will to carry out their higher purpose. A series of meditations (each of the 21 chapters has one) take the reader step-by-step through the process of spiritual growth. These easy-to-learn processes taught by Orin, a wise and gentle spirit teacher, have helped hundreds of thousands take a quantum leap, accelerate their spiritual growth, and live their lives with more joy, harmony, peace, and love. Spiritual Growth gives you tools to lift the veils of illusion, see truth, expand and contract time, raise your vibration, achieve higher states of consciousness, open your heart, and know yourself in new, more loving ways. Spiritual Growth teaches you to have more satisfying relationships with others by using the skills of non-attachment, right use of will, being transparent to others' energies, and communicating as your Higher Self. You will learn to become a source of light and to grow through world service. Speaking always to the higher aspect of the reader, Orin offers the next step in spiritual growth for those who want to know more about who they are, why they are here, and what they came to do.

After her dreams of a perfect life in marriage are shattered by a divorce, Stephanie Petrie travels from an idyllic life in California to Sedona, Arizona, and eventually to the pyramids of Egypt as she embarks on a spiritual journey of self discovery. Along the way, she meets strangers and makes new friends as she learns to develop her spiritual intuition and trust the synchronistic moments in life. These moments occur while driving through the Sonoran Desert, noticing a family of tarantulas scurrying through the parking lot, and following a boy into the King's Chamber in the Pyramid of Giza. In this memoir, Stephanie tells her story of how people, nature, and life choices are all connected in order to challenge her "expected" social role in life and allow herself to be transformed on her life journey. This adventure continues to require profound courage, commitment, and faith in the beauty of life as she discovers a deeper purpose and source of happiness.

This book is about the reason for your being here in this life, in this body, in this 'now' moment. For the present time is one of a cataclysmic shift in consciousness never seen before in your history on this planet. This shift is one from a sleeping state of humanity's mass family consciousness, to one of great awakening to a higher cons-

sciousness of connection; to the one spirit which permeates and gives life to all creation in your universe. This is a time long prophesied, as this one shared higher consciousness awakens in you, towards the realisation of the beauty and clarity of who you all truly are. For who you are is pristine, perfect, consciousness. Never tainted by anything which you or your ancestors have ever said or done - including lifetimes long preceding this one in which you now find yourselves. This book is presented here as a call to each soul on the cusp of this awakening. To quite simply help to remind each person, that they are a magnificent, radiant soul of love. Connected to infinite wisdom. And that they are now returning to this remembering - long lost in the sands of time - to help humanity move forward as a wave of awakened beings. Sharing the one consciousness which once slumbered. But now - like a lion roars awake - to facilitate and create the new world the creator has in store for Planet Earth.

In this groundbreaking personal development book, influential teacher and physician Deepak Chopra, explores how our hearts have lost their centre and why love so often falls short of filling a deep, aching need within us. He also explains how we can find the love we long for, one which is rich and meaningful, satisfying and lasting - by restoring to love its missing element: spirituality. In presenting the long-forgotten, timeless laws of love, together with practical suggestions for bringing them into our lives, Deepak Chopra shows us how to transform our lives forever - and the lives of those whom we love.

(black & white) After swimming with wild dolphins, Adena Tryon began receiving messages from angelic dolphin beings called Stella Maris (Starlights of the Sea). This book shares their light messages, dolphin wisdom, the medicine of the divine feminine, and healing blessings for humanity. Stella Maris first speaks as a collective. They explain the concept of Starseeds and speak of the Stella Maris High Council, which also includes Mother Mary, Quan Yin, and Queen A'Mara. Then, individual Stella Maris members share light messages, healing activations, and scrolls of affirmations. The book concludes with a Beauty Way invitation. Visionary art from Florencia Burton synchronizes with the words of Stella Maris, creating a truly transformative experience.

"Love people." An oft-proclaimed rallying cry for Christians, but what does it look like, in practice, to love? We may believe that love is "the greatest" (1 Cor 13:13). Love may be our destination. But do we know how to get there? This book address-

es essential questions about the Christian life. What is a true, compelling, and helpful Christian understanding of love? What is spiritual growth supposed to do to us or for us (or for others, through us)? How can we speak of grace and personal initiative in one theological vision? How do we go beyond a spirituality that is either too privatized and insular or too activist without the undergirding character needed to sustain such activism? How do we ensure love is not simply a principle we hold or a slogan we applaud but a powerful force that perpetually grows in us and ripples out to others in concrete, transformative ways? This book is a guide to love. Drawing on virtue ethics, psychology, theology, and spirituality, it offers a love-centered, hopeful vision of the Christian spiritual life. The story in which God invites us to live is about a journey of love, toward love. Is this your story?

Is it possible to propose a world formed by love and interpreted from a feeling of wonder without falling into the doctrines inherent in the different religious languages?

Learn how to successfully negotiate conflicts and deepen our most intimate relationships in this practical and thoughtful guide by an experienced Buddhist teacher, psychotherapist, and couples counselor. A committed relationship, as most people see it today, is a partnership of equals who share values and goals, a team united by love and dedicated to each other's growth on every level. This contemporary model for coupledness requires real intention and work, and, more often than not, the traditional archetypes of relationships experienced by our parents and grandparents fail us or seem irrelevant. Utilizing the wisdom of her years of personal and professional practice, Young-Eisendrath dismantles our idealized projections about love, while revealing how mindfulness and communication can help us identify and honor the differences with our partners and strengthen our bonds. These practical and time-tested guidelines are rooted in sound understanding of modern psychology and offer concrete ideas and the necessary tools to reinforce and reinvigorate our deepest relationships.

Ram Dass's long-awaited *Be Love Now* is the transformational teaching of a forty year journey to the heart. The author of the two-million-copy classic *Remember, Be Here Now* and its influential sequel *Still Here*, Dass is joined once more by Rameshwar Das—a collaborator from the *Love Serve Remember* audio recordings—to offer this intimate and inspiring exploration of the human soul. Like Deepak Chopra's *Book of Secrets*, the Dalai Lama's *Art*

of Happiness, and Jon Kabat-Zinn's *Coming to Our Senses*, Ram Dass's *Be Love Now* will serve as a lodestar for anyone seeking to enhance their spiritual awareness and improve their capacity to serve—and love—the world around them.

Spiritual disciplines are often viewed primarily as a means to draw us closer to God. While these practices do deepen and enrich our "vertical" relationship with God, Kyle David Bennett argues that they were originally designed to positively impact our "horizontal" relationships—with neighbors, strangers, enemies, friends, family, animals, and even the earth. Bennett explains that this "horizontal" dimension has often been overlooked or forgotten in contemporary discussions of the spiritual disciplines. This book offers an alternative way of understanding the classic spiritual disciplines that makes them relevant, doable, and meaningful for everyday Christians. Bennett shows how the disciplines are remedial practices that correct the malformed ways we do everyday things, such as think, eat, talk, own, work, and rest. Through personal anecdotes, engagement with Scripture, and vivid cultural references, he invites us to practice the spiritual disciplines wholesale and shows how changing the way we do basic human activities can bring healing, renewal, and transformation to our day-to-day lives and the world around us.

Before he was one of the most well-known yoga teachers in North America and an international hip hop artist, MC YOGI was a juvenile delinquent who was kicked out of three schools, sent to live at a group home for at-risk youth, arrested for vandalism, and caught up in a world of drugs, chaos and carelessness. At eighteen, fate brought him to his first yoga class. After discovering yoga, MC YOGI devoted himself to the practice. From traveling to India to study with gurus to living and learning with many American yoga masters, MC YOGI soaked in the knowledge that would revolutionize his entire life and put him on the path to healing, wholeness, and peace. Through technicolor stories of graffiti and guns, mystics and musicians, love, loss, and finding his soul's purpose, MC YOGI's journey is saturated in spiritual wisdom, illuminating the potential for transformation within us all.

A passionate and deep exploration of how love is essential to our spiritual growth and development, from beloved author and teacher A. H. Almaas. Love is a universal energy—and a primary force that powers our movement toward spiritual illumination. All the ways we need love are simply reflections of our need for spiritual growth.

In *Love Unveiled*, A. H. Almaas explores three dimensions of love: appreciative love—the true liking of somebody or something; merging or connecting love—a force that melts away separateness; and passionate, ecstatic love—capable of consuming us from inside. In their own way, each reveals the beauty and exquisiteness of our spiritual heart, which is the heart of the divine. However, the path of spiritual love is not without challenges. Almaas explores the barriers that tend to block our experience of loving awakening and provides experiential exercises throughout the book to help readers along their path. The exercises focus on the obstacles or misunderstandings that commonly arise for each quality or dimension of love. Presented in the form of writing or monologuing prompts, readers can work independently or in small groups to confront the emotional obstacles on their spiritual path. Regardless of where you are on your path, *Love Unveiled* will help you explore love in three essential dimensions and gain a deeper connection to yourself.

The life force, also known as "spirit," is the essence of being and the conscious and most important form of energy. Living energy is personal and within our conscious control, and by learning about it, we can use it to transform our life into vibrant and meaningful expressions of who we really are. Consciousness is purely energetic and therefore difficult to quantify in mechanistic terms. It is the characteristic of living energy and is the foundation of awareness. Consciousness is the thread running through all life. *Living Energy* is an introduction to the process of mystic spirituality. The reader is encouraged to attain a deep and meaningful connection to the divine with expanded awareness. The principles given in this book are equally relevant to the novice and the advanced practitioner. Robert explains how we may reveal our hidden potential by shifting our perception away from what is customary and comfortable to open the doors to greater spiritual awareness.

Questioning some commonly accepted metaphysical beliefs and explaining how they are programs-beliefs of control designed to keep a person within this earthly matrix. How to escape these programs and this system by changing your beliefs.

Unfortunately, in today's world many people fail to experience the freedom and healing power of God's grace. Even Christians too often experience judgement, rather than the love that is the vital essence of Christian life. A visionary guide in the spirit of *Celebration of Discipline*, *Embracing the Love of God* calls Christians

back to the basics -- to understanding the promise of God's love to transform our most important relationships and fulfill our deepest spiritual needs. Here James Bryan Smith launches readers on a revitalizing spiritual journey. He distills the basic principles of Christian love and provides a new model for relationship with God, self, and others that is based not on fear and judgement, but rather on acceptance and care. Smith's moving insights illuminate the gentle nature of God's love and teach readers how to continue on the path of love by embracing it day by day. For both new Christians and those desiring renewal, *Embracing the Love of God* offers hope, peace, and guidance for spiritual growth.

This book is the result of one person's spiritual odyssey after a lifelong dedication to the quest for truth. Within it Ivan Kovacs shares his insights with the reader with ever deepening realisations about what esotericists understand as spirituality. He explores those states of consciousness that are higher than that of the personality. He points out how we can reach out to ever deepening levels of consciousness - the divine birth right of every human being who makes a concerted effort to set his or her foot upon the spiritual path. In this book there are a variety of topics under discussion such as the Energy of Love, The Kundalini Syndrome, Christianity Judged from an Esoteric Perspective, and many more. The crowning achievement of the anthology is *The Path to Higher States of Consciousness*, in which an in-depth discussion traces the odyssey of consciousness from the personality to that of the soul, and from the soul to the Spiritual Triad, and then to the Monad, or that exalted level of consciousness known as Pure Being.

A 7-step path to manifest and strengthen self-love, and quiet our inner critic. A book with such a powerful title requires a few qualifiers. Spoiler alert: reading this book won't actually result in actual world domination. However, the author will set you on the path of dominating your own world, being the master of your destiny, and creating the life of your dreams. This is not a lofty promise. Although it is a big undertaking, it's also attainable! *The Path to Self-Love and World Domination* is written by licensed psychologist and trauma therapist, Dr. Heidi Green. She reflects on her own journey from insecurity and self-loathing to emotional recovery and self-love, and shares how so many people appear stuck in their own way. She'll teach you why you struggle with self-doubt and criticism, and take you on a journey to change the way you think, feel, and interact with the world. You will gain an understanding of why you have a critical inner

voice, as well as how to move past it and fully love yourself. The odyssey of self-love is far more complicated than it may seem. It requires more than just holding yourself in high regard, taking candlelit baths, or practicing your favorite yoga poses. It involves understanding your struggles and weaknesses through the lens of compassion, and putting to rest the self-defeating notions that keep you stuck. To help overcome the inner critic in all of us, Dr. Green will guide you through a 7-step path to manifest and strengthen self-love. She'll teach you to nurture and mature your inner child, reject unhelpful thoughts and behaviors, and restructure the way you respond to yourself and the world. Only then will you be prepared to engage in productive and meaningful life changes that will finally stick! Finally, you will be given your World Domination tool kit: 6 traits that must be cultivated for a truly awesome you. This book will take you on a journey to discover what self-love is, what it isn't, how to find it, and why having it is the most important element to your life's happiness. You'll learn how to speak to yourself with kindness, reject unhelpful thoughts, and other powerful tools to let self-love reign supreme in your life.

In this refreshing new take on spirituality, bestselling author Deepak Chopra uses a fictional tale of a comedian and his unlikely mentor to show us a path back to hope, joy, and even enlightenment—with a lot of laughter along the way. Meet Mickey Fellows. A successful L.A. comedian, he's just a regular guy, with his fair share of fears, egocentricities, and addictions. After his father's death, Mickey meets a mysterious stranger named Francisco, who changes his life forever. The two begin an ongoing discussion about the true nature of being. Reluctantly at first, Mickey accepts the stranger's help and starts to explore his own life in an effort to answer the riddles Francisco poses. Mickey starts to look at those aspects of himself that he has hidden behind a wall of wisecracks all his life. Eventually Mickey realizes that authentic humor opens him up to the power of spirit—allowing him to finally make real connections with people. After taking the reader on a journey with Mickey, Chopra then spells out the lessons that Mickey's story imparts to us: ten reasons to be optimistic, even in our challenging world. Chopra believes that the healthiest response to life is laughter from the heart, and even in the face of global turmoil, we can cultivate an internal sense of optimism. Rich with humor and practical advice, *Why Is God Laughing?* shows us without a doubt that there is always a reason to be grateful, that every possibility holds the promise of

abundance, and that obstacles are simply opportunities in disguise. In the end, we really don't need a reason to be happy. The power of happiness lies within each of us, just waiting to be unleashed. And Mickey Fellows's journey shows us the way.

In this expanded edition of a spiritual formation classic, David G. Benner explores the twin themes of love and surrender as the heart of Christian spirituality. God doesn't want his people to respond to him out of fear or obligation, but invites us to enter into an authentic relationship of intimacy and devotion—by surrendering to love.

This is a new release of the original 1943 edition.

A man named Jesus, whom is considered the Christ by countless people around the world to this day, lost his life at the hands of barbarians while residing in Canaan, where he devoted his life to making those around him aware they had the potential to become gods. Despite the accumulation of so many technological innovations over the past two millennium that were supposed to ease the daily hardship of people everywhere, so more time could be devoted to pursuits that cultivate the mind, evidence indicates that the size of the Homo-sapien brain, male and female alike, has persistently decreased over this passage of time. The pain, and suffering, endured by Jesus was supposed to serve as a wake up call to the savages in his midst, and the generations to follow, that they had much to learn about what he means to be civilized, as we see amply evidence of to this very day.

This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you...You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul....

I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as

possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

We're all love hacks ... but it doesn't have to be this way. Jesus gave a new teaching on the eve of His crucifixion: "Love one another as I have loved you." He said that His followers would be known for their love. Yet few have experienced His love. Fewer still actually love like Him. As a recovering love hack, Rankin knows firsthand the struggles of moving beyond feelings and good intentions into the reality of loving others through actions. For love to become a way of life, we need to follow Je-

sus down a clear path. Do Love is a fresh call to establish love as the distinctive Christlike trait in our lives.

The book explains the meaning of a spiritual life, and provides a way for people to get together with like-minded friends to practice its principles. Through understanding and practice, the book promotes the chance to transform daily life, to give meaning to its experiences, and to find happiness in the service of others. The teachings can apply equally to Christians, Buddhists, Moslems, Hindus or Humanists, as long as it is accepted that the essential principle of the cosmos is love, a love both detached and personal, all-pervasive and specific. wisdom that can be learned (first third of the book). The exercises have been tested out over a period of four years in workshops in several European countries and at the Findhorn Foundation.