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Awakening the Sacred Body

Tibetan Yogas of Breath and Movement

Hay House, Inc The power of the breath has been recognized for millennia as an integral part of health and well-being. In Awakening the Sacred Body, teacher Tenzin Wangyal Rinpoche makes accessible the ancient art of Tibetan breath and movement practices. In clear, easy-to-understand language, he outlines the theory and processes of two powerful meditations—the Nine Breathings of Purification and the Tsa Lung movements—that can help you change your relationship to yourself, to others, and to the world. The simple methods presented in Awakening the Sacred Body and in the accompanying online video focus on clearing and opening your energetic centers to allow the natural human qualities of love, compassion, joy, and equanimity to arise. When sadness releases, joy is able to arise. When anger releases, love becomes available. When prejudice releases, equanimity prevails. And when lack of kindness ceases, compassion is present. These practices, which focus the mind and breath together while performing specific body movements, will help you discover your inner wisdom and express your greatest potential.

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performing specific body movements, will help you discover your inner wisdom and express your greatest potential.

Awakening the Luminous Mind

Tibetan Meditation for Inner Peace and Joy

Hay House, Inc In *Awakening the Luminous Mind*, meditation teacher Tenzin Wangyal Rinpoche guides you to find refuge within instead of searching for support outside of yourself. Using the heart instructions of Dawa Gyaltzen, an 8th-century Tibetan meditation master, as a vehicle to guide contemplative practice, Tenzin Wangyal Rinpoche opens your eyes to the gifts hidden in your ordinary experiences. The meditations presented in the book and on the accompanying audio download provide a direct way to meet the challenges of life as we encounter them. Fully incorporating these practices into daily life will help you open and transform your perceived limitations into unlimited possibilities. They will help you dissolve self-doubt and self-judgment, and discover the wisdom and light inherent within you in every moment. *Awakening the Luminous Mind* completes a series of three books that present meditation instructions and practices to help readers discover the treasury of the natural mind.

The Awakening Body

Somatic Meditation for Discovering Our Deepest Life

Shambhala Publications A senior Buddhist teacher offers fundamental body-based meditation practices that prove enlightenment is as close to you as your own body. Many of us experience life through so many conceptual filters that we never recognize the freedom and joy that are inherent in us—and are in fact the essence of who we are. We can grow old not realizing that one of the most powerful tools to escape the painful knots we tie ourselves in is, literally, at our fingertips: our body. With *The Awakening Body*, Reggie Ray cracks open the shell of the mind-body dichotomy and presents six fundamental body-based practices that connect us back to who we really are. These practices cut through the mental fabrications through which we experience our world and lead us directly to the richness of living a fully present, embodied human life. This book includes a link to free downloads of recorded guided practices.

Tibetan Yogas of Body, Speech, and Mind

Shambhala Publications Understanding how our actions, words, and thoughts interact enhances our ability to progress in spiritual practice and brings us closer to self-realization. In a warm, informal style Tenzin Wangyal Rinpoche opens up Tibetan meditation practice to both beginners and experienced students, placing as much emphasis on practice as on knowledge. Depending on the sources of the problems in our lives, he offers practices that work with the body, speech, or the mind—a collection of Tibetan yoga exercises, visualizations, sacred sound practices, and spacious meditations on the nature of mind. Together, he says, knowledge and regular meditation practice can alter our self-image and lead to a lighter, more joyful sense of being. The stillness of the body, the silence of speech, and the spacious awareness of mind are the true three doors to enlightenment.

Sacred Woman

A Guide to Healing the Feminine Body, Mind, and Spirit

One World The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women’s bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and *The Rites of Passage* guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

Healing with Form, Energy, and Light

The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen

Shambhala Publications A Buddhist manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and capable. In the shamanic worldview of Tibet, the five elements of earth, water, fire, air, and space are accessed through the raw powers of nature and through non-physical beings associated with the natural world. The Tibetan tantric view recognizes the elements as five kinds of energy in the body and balances them with a program of yogic movements, breathing exercises, and visualizations. In Dzogchen teachings, the elements are understood to be the radiance of being, and are accessed through pure awareness. Healing with Form, Energy, and Light offers the reader healing meditations and yogic practices on each of these levels. Tenzin Rinpoche's purpose is to strengthen our connection to the sacred aspect of the natural world and to present a guide that explains why certain practices are necessary and in what situations practices are effective or a hindrance. And the world too is transformed from dead matter and blind processes into a sacred landscape filled with an infinite variety of living forces and beings. "The secrets freely given in this volume can help us lay sound foundations for whatever yogic practice we may adopt. Tenzin Rinpoche has rendered all a great service." —Yoga Studies

The Practice of Pure Awareness

Somatic Meditation for Awakening the Sacred

Shambhala Publications A respected teacher presents the core and essential wisdom of Tibet and shows us the possibilities of "enlightenment in this present life" through the meditative practice of Pure Awareness. Perhaps the most precious teaching Tibet has to offer the modern world is the practice of meditation. Reginald Ray presents the essence of this tradition through the somatic practice of Pure Awareness—a unique kind of meditation that is thoroughly grounded in the body and in ordinary experience. This fundamentally transformative practice offers the possibility of enlightenment in this present life and invites us into the immensely powerful journey that Tibetan tantric spirituality has to offer. Includes a link to a free download of audio meditations.

Tibetan Sound Healing

Guided Practices to Activate the Power of Sacred Sound

Sounds True "It is my sincere desire that this simple and elegant practice of the Five Warrior Syllables, which is based on the highest teachings of the Tibetan Bön Buddhist tradition of which I am a lineage holder, will benefit many beings in the West. Please receive it with my blessing, and bring it into your life. Let it support you to become kind and strong and clear and awake."—Tenzin Wangyal Rinpoche One of the world's oldest unbroken spiritual traditions is the Bön Buddhist tradition of Tibet. This wisdom path has survived, thanks to the efforts of a handful of dedicated lamas such as Bön lineage holder Tenzin Wangyal Rinpoche. Now, with Tibetan Sound Healing, you can connect to the ancient sacred sounds of the Bön practice—and through them, activate the healing potential of your natural mind. The Bön healing tradition invokes the Five Warrior Syllables—"seed" sounds that bring us to the essential nature of mind and release the boundless creativity and positive qualities that are fundamental to it. Through the medicine of sound, you can clear obstacles in your body, your energy and emotions, and the subtle sacred dimensions of your being. In this integrated book-and-CD learning program, Tenzin Wangyal Rinpoche gives you the tools to access wisdom and compassion and use the vibration of sacred sound to cultivate the healing power within your body's subtle channels. The spiritual heritage of the Bön is rich with methods to guide all beings on the path to liberation. With Tibetan Sound Healing, you are invited to learn from a master of this ancient lineage—and discover the power of sacred sound to purify your body, connect with your inherent perfection and completeness, and awaken spiritual virtue.

Sacred Body, Sacred Spirit

A Personal Guide to the Wisdom of Yoga and Tantra

Sacred Body, Sacred Spirit is a book about transforming our ordinary lives into a sacred experience. You will be introduced to Tantra as the essence of yogic practice and philosophy. Known by the ancient yogis as a powerful conduit for personal transformation, Tantra holds the secret to turning our longings into love and our feelings of separation into spiritual union. Generally known in the West as "the yoga of sex," in this book, you will encounter a more integral form of Tantra. Some yogis call this ancient wisdom "the yoga of everything." Because, Tantric yoga is about seeing and realizing that everything we do can become a sacred, spiritual act. This form of alchemical spirituality is insightfully and poetically articulated in this book by Ramesh Bjonnes, a popular yoga blogger, workshop leader and cofounder of the Prama Institute. "An insightful, balanced approach to the frequently misunderstood pursuit of spiritual growth and personal well-being." --Kirkus Review "This book is a source that any person, lay or scholar, will benefit from reading, because here is a practitioner whose fine mind reaches into his heart, converging one into the other. Bjonnes is now an important voice for the study of living Tantra." Douglas Brooks, Professor of Religion, Rochester University, author of Auspicious Wisdom "The writings of Ramesh Bjonnes cut right to the core of the spiritual journey. His essays enter through my mind and then travel to my heart, where they blossom like beautiful flowers of love and truth." Jai Uttal, Grammy-nominated world musician "Sacred Body, Sacred Spirit is an inspiring and provocative book. These essays have been among the most consistently popular ever on our website." Bob Weisenberg, Associate Publisher, Elephant Journal "

Return to the Sacred

Hay House, Inc Are you looking for inner peace? Do you seek a deeper understanding of yourself and the spiritual world? Have you followed the popular prescriptions for enlightenment and still found yourself unsatisfied? Return to The Sacred is a fascinating guide that will help you understand the importance of spiritual practice and the great diversity of paths that are available to you. This is a book that does more than provide philosophy and inspiration; it gives you the freedom to find a path that works for you and the knowledge to experience the answers for yourself. You'll learn about the time-tested tools of spiritual growth that will help you discover extraordinary depths of wisdom, power, and peace. Return to The Sacred will introduce you to the 12 Master Paths and Practices that have transformed the lives of countless saints, mystics, masters, and sages since the beginning of history. In this book, you'll find what you need to discover your spiritual personality and choose the path that will lead you toward the realization of boundless joy and a lifelong journey of meaning. Jonathan Ellerby, Ph.D., weaves threads of personal growth and comparative religion into captivating true tales of spiritual adventures with teachers and healers around the world. Through colorful stories and clear reflections, he presents a perspective that reveals the rewards of spiritual practice, and a realistic understanding of the deep commitments and challenging steps along the way. Return to The Sacred is an inspiring journey around the globe and into the furthest reaches of Spirit.

The True Source of Healing

How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life

Hay House, Inc Drawing from the practices of Tibetan Bön Buddhism, a meditation teacher offers tools for self-healing and unlocking your most authentic nature In The True Source of Healing, meditation teacher Tenzin Wangyal introduces powerful practices to help you connect deeply with your authentic nature and heal your soul, so you can lead a more joyful and fulfilling life. Drawing on traditional soul retrieval teachings of Tibetan Bön Buddhism, Tenzin Wangyal offers practical guidance for overcoming feelings of disconnection and dissatisfaction, and reawakening your inherent creativity, playfulness, and sense of ease. Done daily, these transformative practices can help you: • Overcome difficult life challenges • Clear negative emotions and cultivate positive qualities • Revitalize your personal and professional relationships • Feel more engaged and productive at work • Experience healing on all levels—physical, emotional, energetic • Bring happiness and well-being to others Using the meditations and informal practices in the book, you'll learn how to tap into the healing power of nature as well as your own capacity for self-healing.

Leviathan (paperback)

Sigourney Weldon is a Business Medicine Facilitator, Spiritual Teacher & Revolutionary Leader in the New Consciousness Paradigm. Founder of The WILDGRACE Movement, a groundbreaking development in healing, is the culmination of Sigourney's career in Western Medicine as a Physiotherapist - specialising in the diagnosis and treatment of neurological disorders - and extensive training in Complementary Medicines, Ancient Healing and Temple Rites Practises, within the field of Sacred Sexuality and Tantra. Through years of experience working with health, Sigourney discovered that the body has an intuitive ability to heal and restore itself to its natural state of homeostasis where it is wild, alive and free. She then created the The Parasympathetic Restoration Technique(TM), a Globally accredited modality with the International Institute of Complementary Therapies (IICT) and teaches it in privately run trainings all over the world.

Sacred Commerce

Business as a Path of Awakening

North Atlantic Books In this timely book, authors Matthew and Terces Engelhart present the idea that love before appearances is the antidote to our spiritual, environmental, and social degradation. Exploring topics such as mission statements, manager as coach, human resources as a sacred culture, and inspirational meetings, they offer a manual for building a spiritual community at the workplace—a vital concept in an age when work consumes the bulk of most adults' time. Business, the authors explain, is all about providing a service, product, or experience the market wants, and no business can succeed by failing to understand this point. However, integrating the concept of "Sacred Commerce" into business can provide both financial success and spiritual satisfaction. Stressing that every business is an opportunity to make a lasting impact on the lives of both clients and employees, the Engelharts share the tools they've learned in their own enterprises to fulfill this vision. Sacred Commerce is the ideal mix of the personal and the practical—a guidebook written by people who have felt success, not just spent it. Dissatisfaction with work is at record levels, and the Engelharts show that you don't have to suffer personally—or give up your humanity—to pay the mortgage. From the Trade Paperback edition.

The Wakeful Body

Somatic Mindfulness as a Path to Freedom

Shambhala Publications A highly practical and approachable guide to somatic meditation with easy practices for accessing the body's inherent mindfulness, from an expert in somatic meditation. Tap into the wisdom of the body with down-to-earth practices like "Surrendering to the Breath" and "Befriending Feelings" that allow the body to become the source of mindfulness. Willa Blythe Baker introduces meditation practice as the cultivation of a way of being, rather than a way of doing. It is a way of being that is self-aware, self-compassionate, and embodied. This way of being is not limited to practice on the cushion or on the yoga mat--somatic mindfulness is available at any moment, activated by attention to the body's wisdom and its teachings. Discover the three layers of embodiment, from the earth body of flesh and blood, the subtle body of sensory experience and emotion, and the awareness body of consciousness. The three parts of this book explore these layers through turning attention to the physical, energetic, and mental dimensions of human experience. By diving deep into the body, readers will find that they already have what they need. Concentration, wisdom, compassion, kindness, and joy are waiting there.

Teachings of Tibetan Yoga

An Introduction to the Spiritual, Mental, and Physical Exercises of the Tibetan Religion

[Illustrated Edition]

Pickle Partners Publishing The author-translator of this book was born in China of aristocratic parentage some fifty years ago. In early youth he became the disciple of a Buddhist Guru in a part of China near Tibet. His Guru sent him to Tibet to further his training. After eight years in Tibetan monasteries, six of them under one Guru, he went to school in the West to study animal husbandry and bring his knowledge back to Tibet. The Communist victory in China and the Communist invasion of Tibet cut him off from returning. His devotion to Tibetan Buddhism is now expressed by translating into English its hitherto unknown teachings. This Book is an extremely concentrated introduction to the mental, physical, and spiritual exercises of Tibetan Buddhism, emphasizing the practice of Yoga exercises. The key to its understanding is the learning of Domo—the generating of internal heat in one's body. Domo's special meaning for Tibetan Yoga flows from the profoundly anti-ascetic and anti-pessimistic doctrine of Tantric Buddhism. The author means precisely what he says when he explains that opposites are also inseparable unities and that the best example of this is that the human body-mind can be made into the body of Buddha. Sexual bliss can become divine bliss. This work will both introduce the reader to the tranquility of yoga and, at the same time, lead him to explorations in the field of erotic mysticism. Richly illustrated throughout.

Chakras

Seven Keys to Awakening and Healing the Energy Body

Hay House "An introductory guide to the chakras, offering practical tools on using this incredible energy system to balance, heal, and take charge of your well being." -- Back cover.

The Spiritual Awakening Process

Luna & Sol Pty Ltd Magical, paradigm-shifting, terrifying, and awe-inspiring, the spiritual awakening process is at the core of every human's quest for freedom, love, and happiness. In this groundbreaking book, spiritual counselors Luna and Sol detail the many stages, paths, and pitfalls connected with this sacred evolutionary process. By reconnecting with your Soul, you will discover how to experience the joy, liberation, and peace that you have been searching for all along. In these pages, you will discover: 1. What is happening to you 2. Why you're experiencing a spiritual awakening 3. The many spiritual awakening symptoms and stages 4. The three inner worlds of the spiritual journey 5. What to do when your awakening becomes a spiritual emergency 6. Signs you're experiencing Soul loss 7. How to retrieve and integrate any fragmented pieces of your psyche through self-love, inner child work, and shadow work 8. What spiritual "traps" you need to be mindful of 9. How to communicate with your Soul Through the inner work practices of Inner Child Work, Self-Love, and Shadow Work, this book gives you the tools to initiate your own deep psychological healing. By removing the blocks and walls that surround your Soul, you will be able to access deep levels of joy, creativity, energy, courage, peace, fulfillment, freedom, and love. The Spiritual Awakening Process is a psychospiritual manual that is composed of various articles that we have published on lonerwolf.com in the past. We have also added extra content to help illuminate your path and guide you through this sacred time of life.

Womb Awakening

Initiatory Wisdom from the Creatrix of All Life

Simon and Schuster Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness • Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond.

They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

Spontaneous Creativity

Meditations for Manifesting Your Positive Qualities

Hay House, Inc Mention creativity, and what comes to mind? For many of us, creativity is the province of someone with a singular gift toiling away in service to their art. From this perspective, creativity is a solitary endeavor—the struggle of the individual to express their distinctive vision to the world. But what if we looked at creativity through a wider lens, as a dynamic force that animates us and connects us with every being on the planet? From this perspective, creativity is not just a spark igniting the fire of inspiration. It is a way of living spontaneously from the sacred space within us—from the source of infinite potential and positive qualities, such as love, compassion, and joy. Expression in any voice, any form that emerges from this core, has the power to heal us and benefit others. The heart of creativity is being of service. Acclaimed author and meditation master Tenzin Wangyal Rinpoche draws on the ancient wisdom of the Tibetan Bon Buddhist tradition to guide us in developing the ability to show up fully for our lives and clear whatever blocks us from expressing our creative gifts for the greatest good.

Awakening the Energy Body

From Shamanism to Bioenergetics

Bear A practical guide to understanding and enhancing the functionality of the human energy body • Shows how the energy body and its interactions are the principal determinant of all we see, feel, think, or otherwise perceive • Details strategic skills to manage the infinite alternate realities available to the energy body Each of us inhabits an energy body whose interactions are the principal determinant of all we see, feel, think, or otherwise perceive. Even as modern science is establishing the uncertainty of physical matter, it is asserting the reality of our existence as interconnecting quantum energy fields. For over 5,000 years, shamans of the Toltec tradition have studied and worked with the energy body, learning to recognize and understand its structure and perceptual capacities as well as mapping it as an objective, measurable part of our anatomy. In Awakening the Energy Body, Kenneth Smith's thorough grounding in the Toltec tradition allows him to bring forth an instructive overview for non-Toltec adherents of the latent possibilities available to the energy body and how to bring awareness and objective form to it. Using evidence from the emerging scientific discipline of bioenergetics, which studies the flow and exchange of energy, Smith shows that conscious awareness not only creates our reality but enhances the functionality of the human energy body, allowing it to navigate the myriad realities of our world. He offers a specific set of strategies to manage the energy body in ways that are beneficial to both material existence and spiritual development. He also discusses the ethical considerations of developing consciousness and how one can quicken personal evolution in order to live a full and complete life, while revealing where the worlds of ancient tradition and modern science meet.

Sacred Woman, Sacred Dance

Awakening Spirituality Through Movement and Ritual

Simon and Schuster Shows how dance, the highest expression of spirituality in cultures and traditions all over the world, is being integrated into the lives of women today • The first book to explore women's spiritual expression--women's ways--through a study of dance • Investigates how dance came to be excluded from worship, and reveals how dance is once again being brought into spiritual

practices • Includes resources for further instruction in sacred dance Today we primarily think of dance as a form of entertainment or as a way to exercise or socialize. There was a time, however, when dance was considered the way to commune with the divine, a part of life's journey, celebrating the seasons and rhythms of the year and the rhythms of our lives. Dance is a language that reunites the body, mind, and soul. While the role of women's sacred dance was most valued in goddess-worshipping cultures where women served as priestesses and healers, dance was once an integral part of religious ritual and ceremonial expression in cultures all over the world, including Judaism and Christianity. In this book the author investigates how dance came to be excluded from worship and reveals how dance is once again being integrated into spiritual practices. Sacred Woman, Sacred Dance is the first book to explore women's spiritual expression--women's ways--through a study of dance. It describes sacred circles, birth rituals, ecstatic dances, and dances of loss and grief (in groups and individually) that allow women to integrate the movements of faith, healing, and power into their daily life.

Tibetan Book of the Dead

Courier Dover Publications Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

The Book of Awakening

Having the Life You Want by Being Present to the Life You Have (20th Anniversary Edition)

Red Wheel A new edition of the #1 NYT's bestseller by Mark Nepo, who has been called "one of the finest spiritual guides of our time" and "a consummate storyteller." Philosopher-poet and cancer survivor Mark Nepo opens a new season of freedom and joy—an escape from deadening, asleep-at-the wheel sameness—that is both profound and clarifying. His spiritual daybook is a summons to reclaim aliveness, liberate the self, take each day one at a time, and savor the beauty offered by life's unfolding. Reading his poetic prose is like being given second sight, exposing the reader to life's multiple dimensions, each one drawn with awe and affection. The Book of Awakening is the result of Nepo's journey of the soul and will inspire others to embark on their own. He speaks of spirit and friendship, urging readers to stay vital and in love with this life, no matter the hardships. Encompassing many traditions and voices, Nepo's words offer insight on pain, wonder, and love. Each entry is accompanied by an exercise that will surprise and delight the reader in its mind-waking ability.

Womb Wisdom

Awakening the Creative and Forgotten Powers of the Feminine

Simon and Schuster Tools to awaken the creative powers of the womb • Contains exercises to open the womb's energetic pathways, release toxic emotions, and harness creative potential • Reveals how the womb's energies are crucial for the spiritual shift of 2012: birthing a new civilization • Shows how the awakened womb can also bring about male spiritual transformation In the past and in present-day indigenous traditions, women have known that the womb houses the greatest power a woman possesses: the power to create on all levels. Utilized in the process of giving birth, this power of creation can also be tapped in the birth of projects, careers, personal healing, spirituality, and relationships. However, because the womb stores the energetic imprint of every intimate encounter--loving or not--the creative voice of the womb is often muffled or absent altogether, affecting the emotional, mental, and spiritual health of women and their relationships. Drawing on sacred traditions from ancient India, Tibet, Egypt, Gnostic Christianity, and Judaism, the practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners. The authors include exercises to clear the past, release toxic emotions, open the womb's energetic pathways, activate the sacred sensual self, bring balance to relationships, and harness creative potential. Including intimate, individual stories of women experiencing the opening of the womb, this book also explores the forgotten sacred sites of the womb around the world as well as how the womb's energies are crucial to birth a new civilization in the spiritual shift of 2012.

The Tibetan Yogas of Dream and Sleep

Motilal Banarsidass Publ. In the Tibetan tradition the ability to dream lucidly is not an end in itself rather it provides an additional context in which one can engage in advanced and effective practices to achieve liberation. Dream yoga is followed by sleep yoga also known as the yoga of clear light. It is a more advanced practice similar to the most secret Tibetan practices. The goal is to remain aware during deep sleep when the gross conceptual mind and the operation of the senses cease. The result of these practices is greater happiness and freedom in both our waking and dreaming states.

Awakening the Luminous Mind

Hay House, Inc Awakening the Luminous Mind is the third book of guided meditation practices in a series by the acclaimed author and teacher, Tenzin Wangyal Rinpoche. Tenzin Rinpoche will guide you to bring these simple practices into your everyday life by turning inward and finding what he calls your "inner refuge." By this he means boundless space, infinite awareness, and the qualities that arise that have the power to transform your life. As you follow the principles in this book and complimentary audio downloads, you will discover greater creativity and intelligence, liberation from suffering, understanding and connectivity, and freedom from the ego that strives to control our life experiences.

Touching Enlightenment

Finding Realization in the Body

Sounds True What does it mean to "meditate with the body"? Until you answer this question, explains Reggie Ray, meditation may be no more than a mental gymnastic—something you can practice for years without fruitful results. In Touching Enlightenment, the esteemed author of five books about Buddhist history and practice guides you back to the original practice of the Buddha: a systematic process that results in a profound awareness in your body rather than in your head. Combining the scholarship that has earned him international renown with original insights from nearly four decades practicing and teaching meditation, Reggie Ray invites you to explore: How to enter fully into communion with your embodied nature The insights of Tibetan yoga, from guidance on breathing and working with discomfort to its challenge to modern practitioners on the path to realization Why "rejected" experience becomes imprinted in the body—and how to receive it anew to reconstitute your human way of being Karma of cause and karma of result—taking full responsibility for your life Your three bodies—the physical, the interpersonal, and the cosmic "To be awake, to be enlightened, is to be fully and completely embodied. To be fully embodied means to be at one with who we are, in every respect, including our physical being, our emotions, and the totality of our karmic situation," writes Reggie Ray. In Touching Enlightenment, he offers you a map of unprecedented clarity and power for embarking on the journey toward ultimate realization in and through the body.

The Mirror of Yoga

Awakening the Intelligence of Body and Mind

Shambhala Publications Describes the basic philosophy and underlying themes which are common to the various schools of yoga, discussing how a deeper understanding of its teachings enhances the everyday practices of its followers.

Love and Awakening

Discovering the Sacred Path of Intimate Relationship

Harper Collins Unlike other guides that focus on how to make relationships work, this groundbreaking book teaches couples how their relationships can make their lives work. Combining the practical advice of Harville Hendrix with the spiritual guidance of Thomas Moore, it shows couples how their relationships can help them discover their sacred selves in such chapters as "The Power of Truth-Telling", "The Inner Marriage", "Men In Relationship" and "Soulwork and Sacred Combat". Along the way, it provides a wealth of practical guidance on how to deal with difficult problems and includes lively dialogues from Welwood's workshops that dynamically illustrate his core ideas. Men and women are searching for deeper meaning and purpose in their everyday lives and relationships. Love and Awakening fills this need. It is a book couples will want to read together.

Kundalini

An untold story

Jaico Publishing House You don't have to be a monk to enter the ultimate realm of happiness! Yes, it's true. In his book Kundalini – An Untold Story, Himalayan ascetic Om Swami unveils the enigmatic story of kundalini, the formless aspect of the Goddess or your primordial energy. With workable steps for awakening this energy source, the author explains the esoteric and practical meaning of kundalini and the seven chakras in his usual humorous style. These riveting anecdotes are based on his personal experience gained from years of intense meditation. Take an awe-inspiring journey – something no other book on spirituality can offer – from the origins of kundalini all the way to Swami's own sadhana in the modern age. Om Swami is a mystic living in the Himalayan foothills. He has a bachelor's degree in business and an MBA from Sydney, Australia. Prior to his renunciation of this world, he founded and ran a multi-million dollar software company successfully. He is the bestselling author of A Fistful of Love.

Sacred Dance Meditations

365 Globally Inspired Movement Practices Enhancing Awakening, Clarity, and Connection

North Atlantic Books Achieve balance, connect to Spirit, and tap into the sacred power of dance with 365 daily movement meditations. Throughout human history, people all over the world have recognized dance as an age-old yet timeless connection to Spirit. In celebration, to mark moments of change, and in times of despair, dance has been used to seek the Divine, connect with the Earth, and call into being the sacred energy we each possess within ourselves. In Sacred Dance Meditations, Carla Walter, PhD, offers readers 365 dances--one for every day--rooted in traditions from around the globe. From Polynesia to Peru, each dance is different in origin and technique but connected in common purpose: as sacred conduits for hope, love, connection, community, and spirituality. Walter provides a theme each new day, drawn from mystical and spiritual principles that originate from pre-colonial religious traditions. Descriptions, video links, accessibility modifications, and invitations for deeper reflection allow the reader to engage their Spirit fully with the sacred power of dance, carrying it in their heart as they move throughout each day. Readers who want a more active style of meditative practice will discover powerful regenerative healing and a new way to awaken. Broken up day by day and month by month, Sacred Dance Meditations makes it simple and gratifying to practice each day's dance and fulfill its intended theme. Readers can begin at any "point of entry" section, and work their way throughout the year with a time commitment of just ten to twenty minutes a day. Importantly, each dance is designed to supplement any existing (or non-existent) religious or spiritual practice, allowing all to tap into the Divine through the spirit of dance.

Awakening Artemis

Deepening Intimacy with the Living Earth and Reclaiming Our Wild Nature

Penguin A healing resource that blends practical plant-based knowledge with spiritual reconnection to show how respect for and communion with our natural world guides us toward healing. Combining Vanessa's story of her own healing journey with practical plant-based knowledge, Awakening Artemis is rooted in the belief that healing happens through reclaiming an intuitive connection to ourselves, to the natural world, and to our own "inner wild." Having experienced a series of physical traumas growing up--including chronic asthma, a car accident that fractured her back and neck, and sexual trauma--Vanessa pursued various approaches to therapeutic movement from martial arts to yogic practices and explored traditions honoring the mind-body connection while forging a path to recovery. Twenty years now into her journey to reconcile her daily routines with her yearning for greater purpose and connection, Vanessa shares the eclectic mix of elements that have brought her deeper self-awareness, a richer understanding of her place in the world, and the confidence and clear boundaries to truly connect with her loved ones. Organized into five sections that move from the present moment to the forest edge, and into the healing darkness, each chapter focuses on a single plant: on their power to connect us to our bodies and our environment. Using storytelling from her own life, Vanessa connects the plants' power and characteristics to issues we all grapple to heal from and even to understand--from the alienating consequences of cultural appropriation to the intersection between a forest's mycelial network and the neural pathways of our brains. For those seeking to recognize the power and omnipresence of the natural world--from the mugwort sprouting in the city sidewalk to the majesty of a three-thousand-year-old yew in rural Scotland--and harness that to push into new realms of self-discovery, Awakening Artemis is an intimate, unforgettable resource capturing one woman's journey to heal her traumas that opens up a world of potential growth and healing for us all.

Awakening Through Love

Unveiling Your Deepest Goodness

ReadHowYouWant.com Mother Theresa. The Dalai Lama. Nelson Mandela. Gandhi. Some admire such figures from afar and think 'How special they are; I could never be like that. But as John Makransky has learned' the power of real and enduring love lies within every one of us. Awakening Through Love is his guide to finding it. In Awakening Through Love' he pioneers new ways of making Tibetan meditations of compassion and wisdom accessible to people of all backgrounds and faiths. Drawing from Tibetan teachings of compassion and the Dzogchen teachings of innate wisdom' and using plain' practical instruction' he helps readers uncover the unity of wisdom and love in the very nature of their minds. Then Lama John describes how to actualize those qualities in every aspect of family life' work' service and social action.

Awakening Shakti

Jaico Publishing House The Transformative Power of The Goddesses of Yoga How do you live a life of spiritual awakening as well as outer abundance, inner freedom as well as deep intimacy? How do you serve the world selflessly, yet passionately celebrate your life? The sages of Tantra have known for centuries that when you follow the path of Shakti — the sacred feminine principle personified by the goddesses of yoga — these gifts can manifest spontaneously. Yet most of us, women as well as men, have yet to experience the full potential of our inner feminine energies. In Awakening Shakti, you will learn how to recognize and invite: • Kali, bringer of strength, fierce love, and untamed freedom • Lakshmi, who confers prosperity and beauty • Saraswati, for clarity of communication and intuition • Radha, who carries the divine energy of spiritual longing • Bhuvaneshvari, who creates the space for sacred transformation • Parvati, to awaken creativity and the capacity to love With a wealth of meditations, visualizations, mantras, teachings, and beautifully told stories, Awakening Shakti provides a practical guide for activating the currents of the divine feminine in every aspect of your life. Sally Kempton has been studying and teaching the wisdom of yoga for 45 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular Yoga Journal column "Wisdom." Sally teaches retreats, teleclasses and workshops internationally. She resides in Carmel Valley, California. Illustrator Ekabhumi Charles Ellik is a poet, artist, husband, student, and teacher of Classical Tantric Hatha Yoga. A student of Nepalese master painter Dinesh Charan, he also studied painting in the lineage of Harish Johari.

Sacred Earth, Sacred Soul

Celtic Wisdom for Reawakening to What Our Souls Know and Healing the World

HarperCollins A leading spiritual teacher reveals how Celtic spirituality—listening to the sacred around us and inside of us—can help us heal the earth, overcome our conflicts, and reconnect with ourselves. John Philip Newell shares the long, hidden tradition of Celtic Christianity, explaining how this earth-based spirituality can help us rediscover the natural rhythms of life and deepen our spiritual connection with God, with each other, and with the earth. Newell introduces some of Celtic Christianity's leading practitioners, both saints and pioneers of faith, whose timeless wisdom is more necessary than ever, including: Pelagius, who shows us how to look beyond sin to affirm our sacredness as part of all God's creation, and courageously stand up for our principles in the face of oppression. Brigid of Kildare, who illuminates the interrelationship of all things and reminds us of the power of the sacred feminine to overcome those seeking to control us. John Muir, who encourages us to see the holiness and beauty of wilderness and what we must do to protect these gifts. Teilhard de Chardin, who inspires us to see how science, faith, and our future tell one universal story that begins with sacredness. By embracing the wisdom of Celtic Christianity, we can learn how to listen to the sacred and see the divine in all of creation and within each of us. Human beings are inherently spiritual creatures who intuitively see the sacred in nature and within one another, but our cultures—and at times even our faiths—have made us forget what each of us already know deep in our souls but have learned to suppress. Sacred Earth, Sacred Soul offers a new spiritual foundation for our lives, once centered on encouragement, guidance, and hope for creating a better world.

Goddess Power

Awakening the Wisdom of the Divine Feminine in Your Life

Mango Media Inc. Feminine Empowerment Path of the Goddess: At the dawn of religion, God was a Woman. The Divine Feminine is known by innumerable names and symbol-rich manifestations across the world's cultures. Throughout the ages the Goddess has been honored and worshiped as the Virgin Mary, Isis, Inanna, Asherah, Diana, Kuan Yin, Kali, Oshun, Athena, Pele, Sarasvati, Demeter, and White Buffalo Calf Woman, to mention just a few. Many conceptions of the Goddess are mysterious and seemingly paradoxical. Yet at its source, the Divine Feminine is one. I Am (With) Her takes you on a fascinating and, at times, surprising journey into the enduring essence of the Divine Feminine. Inside this book you will learn: • How the Goddess path offers an empowering message and inspiration • The importance of re-establishing a healthy balance and integration of both the "masculine" and the "feminine" archetypes • That the notion of God as archetypal "Sky-Father" is fairly recent in Western culture • Why the wisdom of the Goddess/Sacred Feminine has been ignored, distorted, and oppressed for centuries • How archetypes, mythic narratives, and qualities of Goddesses are alive within you and how they reveal intimate truths about yourself and others • How Goddesses can serve as empowering guides in your personal and professional life • Why especially black Goddesses/dark-skinned Mothers (e.g., Kali or Black Madonna) are a powerful symbol and catalyst for change in our times, both individually and collectively • And much, much more!

Awakening to the Sacred

Creating a Personal Spiritual Life

Harmony An American trained in the Tibetan Buddhist tradition shows readers the path to creating a healthy, balanced daily spiritual practice using his regimen of prayers, chants, affirmations, rituals, guided meditations, and breathing exercises. Reprint. light. Reprint.

Sacred Powers

The Five Secrets to Awakening Transformation

Hay House, Inc Have you ever found yourself at a crossroads, unsure of which way to turn? Maybe you reached a fork in the road and felt overwhelmed by the choices before you. Or perhaps you felt stuck, held back by the fear of making the wrong decision—with one foot rooted firmly in the past and the other dangling into the unknown. But there is a pathway out of your challenges and into a space of freedom, happiness, and lasting fulfillment. For thousands of years, divine solutions have been whispered directly into the hearts of priests, shamans, wizards, medicine women, and healers. In Sacred Powers, internationally renowned meditation master davidji reveals the deepest secrets of this timeless wisdom and distills their essence into the Five Divine Principles of the Universe: · The Divine Principle of One · The Divine Principle of Awareness · The Divine Principle of Rebirth · The Divine Principle of Infinite Flow · The Divine Principle of Inner Fire Each step on the path will unfold eternal truths to guide you on a lifelong journey of clarity and connection, expansion and abundance, love and happiness, courage and confidence, and passion and purpose. This moment is a defining moment. This is the moment to awaken your sacred powers. And this is the time to manifest your dream life!