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# Site To Download Frequency The Power Of Personal Vibration Penney Peirce

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### FREQUENCY

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#### THE POWER OF PERSONAL VIBRATION

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*Simon and Schuster* An internationally recognized clairvoyant empath introduces the concept of "vibrational beings" to explain how a person's thoughts, emotions, and natural frequencies affect the self and one's surrounding world, in a guide that reveals how to calm the mind in order to achieve a natural and more peaceful state of existence. 35,000 first printing.

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### FREQUENCY

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#### THE POWER OF PERSONAL VIBRATION

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*Simon and Schuster* Includes a preview of Leap of Perception, the next book in Penney Peirce's Transformation Trilogy. Because science has long taught us to rely on what we can see and touch, we often don't notice that our spirit, thoughts, emotions, and body are all made of energy. Everything is vibrating. In fact, each of us has a personal vibration that communicates who we are to the world and helps shape our reality. In Frequency, Penney Peirce shows you how to feel your personal vibration and work intentionally with

energy to transform your life. By learning to find your "home frequency" -- the highest, most natural personal vibration you can attain -- you can maximize clarity, minimize struggle, and discover new talents and capacities. Awakening to the new reality that a higher frequency reveals can help you dramatically improve relationships, find upscale solutions to problems, and materialize a life that contains everything you need. Frequency shows you how to manage your energy "state" so you can stay on track with your destiny -- and reap the benefits of the life you're truly built for.

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## **FREQUENCY**

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### **THE POWER OF PERSONAL VIBRATION**

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*Atria Books/Beyond Words* Because science has long taught us to rely on what we can see and touch, we often don't notice that our spirit, thoughts, emotions, and body are all made of energy. Everything is vibrating. In fact, each of us has a personal vibration that communicates who we are to the world and helps shape our reality. In Frequency, Penney Peirce shows you how to feel your personal vibration and work intentionally with energy to transform your life. By learning to find your "home frequency" -- the highest, most natural personal vibration you can attain -- you can maximize clarity, minimize struggle, and discover new talents and capacities. Awakening to the new reality that a higher frequency reveals can help you dramatically improve relationships, find upscale solutions to problems, and materialize a life that contains everything you need. Frequency shows you how to manage your energy "state" so you can stay on track with your destiny -- and reap the benefits of the life you're truly built for.

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## **LEAP OF PERCEPTION**

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### **THE TRANSFORMING POWER OF YOUR ATTENTION**

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*Simon and Schuster* Responding to the global shift from the Information Age to the Intuition Age, Penny Peirce, a respected leader in the intuition development movement, offers effective, easy-to-follow guidance to help you develop the power of perception and imagination to live effortlessly and joyfully in this new age. With a growing holistic view of the world and a greater awareness of personal and collective energy, our level of perception is transforming from something singular—the physical form—to a greatly expanded awareness that includes intuition, past and present, right and left brain, and heart and body. As our perceptive ability evolves, we must relearn the principles of how we live, create, and grow in order to be successful in the rapidly transforming reality of the Intuition Age. Written with clarity, insight, and humor, Leap of Perception is a comprehensive guide that shows us how to adapt to an expanding paradigm of perception. You will learn to materialize the situations you want, resolve conflict in relationships, expand

your creativity, reduce exhaustion and anxiety from multitasking, ease fear caused by the transformation process, and develop new skills like telepathy, clairvoyance, applied empathy, rapid healing, and more. Building on her first two books, *The Intuitive Way: The Definitive Guide to Increasing your Awareness and Frequency: the Power of Personal Vibration*, author Penny Peirce once again translates a powerful and complex concept into an effective life practice that is accessible to everyone.

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## **THE INTUITIVE WAY**

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### **A GUIDE TO LIVING FROM INNER WISDOM**

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'The Intuitive Way' will be your companion as you progress through the stages of intuition development. 'The Intuitive Way' will guide you through this process using various tools.

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### **365 WAYS TO RAISE YOUR FREQUENCY**

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### **SIMPLE TOOLS TO INCREASE YOUR SPIRITUAL ENERGY FOR BALANCE, PURPOSE, AND JOY**

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*Llewellyn Worldwide* Connect with your core spiritual self and increase your vibrational rate with 365 easy ideas quick enough to enjoy every day. When you use this guide to raise your frequency, you empower yourself to turn positive energy into happiness and abundance. Elevated spiritual energy attracts purpose and joy into your life. Use these inspiring daily entries to create positive intention as you discover: How to identify your present frequency and build a foundation for growth Simple exercises for letting go of the negative energy that lowers your frequency Techniques for interpreting messages from your spirit guides Creative ways to use crystals, stones, and colors to attract positive energy

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## **TRANSPARENCY**

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### **SEEING THROUGH TO OUR EXPANDED HUMAN CAPACITY**

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*Simon and Schuster* A groundbreaking book with an inside-out view of personal transformation and the path to everyday enlightenment by letting go of the clutter, defense, and fears to instead focus on building the courage to be honest, vulnerable, authentic, and super-clear. Following the bestsellers *The Intuitive Way*, *Frequency*, and *Leap of Perception*, *Transparency* is the next book in Penney Peirce's award-winning, visionary series of guidebooks on personal and societal transformation. Timely and revolutionary, Penney shows us how to let go of everything that gets in our way—the obstacles, clutter, and fears—to truly achieve

greater authenticity, clarity of purpose, and feelings of belonging and joy. By transforming our opaque reality into a state of transparency, the dividing lines that fragment and isolate us melt away and all that's left is the true self—connecting us to everything and everyone. Transparency helps you learn that when you're transparent, there is great power in being seen for all of who you are. Secrets, lies, and hiding are no longer functional. Honesty, simplicity, compassion, and true humility produce genius. And, when you're transparent, you're empowered to see through situations that blind and confuse others. It's as though you suddenly have Superman's X-ray vision, and this enables you to reach just-right solutions, insights, and develop your ability to "see through," so your intuition can skyrocket. Prescriptive, accessible, and thought-provoking, Transparency aims to help you identify your soul-blocking habits, find the insights being masked, and return these negative patterns back into the clear light of the unified field. Each piece of clutter dissolved, understood, and released creates greater transparency, opening us to experience our true selves and all the joys of life.

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## **DREAM DICTIONARY FOR DUMMIES**

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*John Wiley & Sons* Dreams! What do they mean? You probably recognize a connection between the dream world and the "real" world, but did you know that you can actually do things to nurture your dream life? *Dream Dictionary For Dummies* is the fun and fascinating guide that shows you not only how to decode your dreams, but how to remember them and even how to make a dream work for you. Whether you're already a prolific dreamer or are just peeking into the unknown, you're sure to get results from the insights, techniques, and tips provided in this unique and transforming guide. An A-to-Z list of dream symbols and their meanings helps you make sense of your dreams and harness them to increase your creativity, solve problems, find life purpose, and obtain accurate personal guidance. And, just by reading the dictionary definitions, you'll begin to understand symbology in a much deeper way. You'll learn how to synchronize your body, emotions, mind, and soul to experience the full meaning of your dreams and, in some cases, make them your reality. Discover how to: Recognize your dream cycles Increase your ability to remember your dreams Keep and use a dream diary Notice your waking dreams Uncover hidden messages in your dreams Focus your dreams to solve problems or make decisions Form a dream support group So start dreaming and get back to reality with a little help from *Dream Dictionary For Dummies*.

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## **THE SECRET LANGUAGE OF THE SOUL**

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### **A VISUAL KEY TO THE SPIRITUAL WORLD**

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*Chronicle Books* Discusses world religions and how they differ on views of the human soul as it relates to the cosmos, the human body, nature, spirituality, and transcendence.

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## **VIBRATIONS AND WAVES**

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*CRC Press* The M.I.T. Introductory Physics Series is the result of a program of careful study, planning, and development that began in 1960. The Education Research Center at the Massachusetts Institute of Technology (formerly the Science Teaching Center) was established to study the process of instruction, aids thereto, and the learning process itself, with special reference to science teaching at the university level. Generous support from a number of foundations provided the means for assembling and maintaining an experienced staff to co-operate with members of the Institute's Physics Department in the examination, improvement, and development of physics curriculum materials for students planning careers in the sciences. After careful analysis of objectives and the problems involved, preliminary versions of textbooks were prepared, tested through classroom use at M.I.T. and other institutions, re-evaluated, rewritten, and tried again. Only then were the final manuscripts undertaken.

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## **HEALING ON VIBRATIONAL FREQUENCIES**

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### **RIDE THE WAVE OF THE DIVINE, REUNITING FAITH AND MEDICINE**

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The eternal question of "Who am I, what is my purpose?" has haunted humankind since the beginning. We are multidimensional beings and, through our many lifetimes, we accumulate experiences that are charged Energy particles, forever stored in our cellular structure. But things have gone awry. Mankind has created an environment that artificially impinges on his divine connection, leaving us feeling disconnected and open to contracting diseases or chronic pain. We have lost touch with nature and instead worship artificial gods like social media and mindless competition. It's time to wake up. Over the last several years, the vibration of the earth has shifted, opening an opportunity for us to create a higher vibration. By willingly choosing consciousness, we can get back to basics-and once in balance vibrationally, we can begin to heal on vibrational frequencies. In *Healing on Vibrational Frequencies*, together we will explore the nature of Energy and the vibration of all things. This book will help you understand how to increase your frequency as you ascend to your personal relationship with the God who lives inside your heart.

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### **RAISE YOUR VIBRATION, TRANSFORM YOUR LIFE**

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### **A PRACTICAL GUIDE FOR ATTAINING BETTER HEALTH, VITALITY AND INNERPEACE**

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*BookMasters* Raise Your Vibration, Transform Your Life! Are you feeling overcommitted? Run down? Dissatisfied with life? Dawn James shares some simple and effective ways to reduce stress, remove toxicity, regain balance in your life and respond to life situations with

grace and ease. We are vibra-tional beings designed to be healthy and happy—but many of us have fallen into a pattern of living that disconnects us from our personal Divine Wisdom and truth. In *Raise Your Vibration, Transform Your Life: A Practical Guide for Attaining Better Health, Vitality and Inner Peace*, you will learn the laws of vibration and how to use them to counteract stress, increase vitality and cultivate inner peace. By learning to raise your personal vibration, you will begin to encounter other people with higher vibrations, and attract positive and pleasant situations into your life. When you increase aware-ness of self, you can transform your life! “A well thought out book that is organized, helpful, practical and most of all inspiring!”— Clayshell, Canadian Book Club review “Raise your Vibration, Transform Your Life is a powerful guide to conscious living techniques and is highly recommended”~ Pegi Evers, The Link Magazine “This is an exceptional physiological, psychological, spiritual and holistic guide book that you will refer to again and again.” — C Bode, Book Reviewer “Raise Your Vibration, Transform Your Life is a well thought out journey of all the health and healing modalities. A great reference book!”— Bharangi, Ki Awareness Magazine “Captivating read! I would use this book as a guide for my own sound work. I applaud Dawn for her courage to bring this very important information to the public.”~David Hickey, Crystal Journey, Musician “Raise Your Vibration, Transform Your Life is an important tool for understanding the nature of wellness at all levels of our being, from physiological, to emotional, psychological, and spiritual. Dawn draws upon current science and wisdom with accuracy and efficacy, as well as ancient precepts of understanding the nature of vibration, wellness, and how we can approach life in a more vital and fulfilling manner... . this is an excellent resource!”— Zacciah Blackburn, PhD, Director of Education, The International Sound Healing network. Director, the Center of Light Institute of Sound healing and Shamanic Studies

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## **THE CREATION FREQUENCY**

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### **TUNE IN TO THE POWER OF THE UNIVERSE TO MANIFEST THE LIFE OF YOUR DREAMS**

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For anyone struggling or not living their life's purpose, Creation Frequency offers a cutting edge, brilliant, powerful perspective to shifting consciousness that is a map for how to achieve long lasting sustainable results using its insightful, life-transforming, unique approach.

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## **MATRIX ENERGETICS**

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### **THE SCIENCE AND ART OF TRANSFORMATION**

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*Simon and Schuster* Matrix Energetics is a teachable healing phenomenon which merges the science of subtle energy and quantum physics with the incredible power of our own active imaginations and focused intent to produce physical and verifiable results. You can

begin to unlock and awaken the powers, abilities, and awareness that are your birth right and spiritual heritage--the transformation of your morphic resonance of the whole being through Matrix Energetics--a technology of awareness that is transferable, teachable and universally available. Quantum physics teaches us that we are made of light and information; that so-called "Classic Reality" is actually an illusion. Photons move backwards and forwards in time and where they meet creates the present moment. Bartlett has found that metaphorically, we can time travel and access states of health and awareness and bring them into the present moment, instantly affecting beneficial changes in the conditions of people's lives. This is possible because everything is part of the zero point energy field, what some physicists have called "The Mind of God."

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## **RAISE YOUR VIBRATION: YOUR GUIDE TO HIGHER FREQUENCY, HOW TO USE THE SECRET OF THE LAW OF ATTRACTION TO MANIFEST & CHANGE YOUR MIND, BODY &**

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### **THE SOUL FREQUENCY: YOUR HEALTHY, AWAKENED AND AUTHENTIC LIFE**

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*Gateway Press* Inspirational and deeply illuminating, *The Soul Frequency* takes you into the unseen world of energy and emotion, which is the birthplace of every physical manifestation in your body and life. Step by insightful step, personal coach Shanna Lee will show you how to align your energy to manifest any darn thing your little heart desires.

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## **RAISE YOUR VIBRATION**

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### **111 PRACTICES TO INCREASE YOUR SPIRITUAL CONNECTION**

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*Hay House, Inc* "Having a daily spiritual practice is the key to developing your spiritual skills, gifts, and qualities. When you take the time to acknowledge who you are, focus your mind, and meditate, you create room in your life to grow and you encourage your heart to open up and connect deeply with the flow of life." - Kyle Gray Kyle Gray's remarkable intuitive gifts have made him one of the UK's most sought-after experts in the field. Now, following huge demand from his readers, Kyle unveils the 111 essential practices that he has been using for over 10 years to develop his spiritual skills. In this book, Kyle explains how you too can deepen your connection with the Divine. The key is to raise your vibration, and Kyle teaches how you can do this by cultivating practices and habits such as: • trusting and developing your inner guidance • expressing yourself in a way that's filled with the purest integrity • giving and receiving in a way that's balanced • manifesting and creating a life you love and deserve. . . and much more! Get ready to shift your energy, access a higher frequency, and start receiving more joy, love, and miracles in your life!

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## THE FOUR AGREEMENTS COMPANION BOOK

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### USING THE FOUR AGREEMENTS TO MASTER THE DREAM OF YOUR LIFE

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*Amber-Allen Publishing* The Four Agreements Companion Book takes you further along the journey to recover the awareness and wisdom of your authentic self. This book offers additional insights, practice ideas, a dialogue with don Miguel about applying The Four Agreements, and true stories from people who have transformed their lives.

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## THE FREQUENCY

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### FULLFILL ALL YOUR WISHES BY MANIFESTING WITH VIBRATIONS

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*Createspace Independent Publishing Platform* 5 Easy Steps To Manifest Instantly! LEARN: POWERFUL AND EASY TECHNIQUES FOR MANIFESTATION MASTERY INCLUDES BONUS BOOK! Manifest money, abundance, your exback, your soulmate, a great career, good fortune, and happy relationships. Direct your amazing mind power. Set your manifestation goals effectively. Attract the right people. And become more successful. You are already good at manifesting because your thoughts automatically attract what happens to you. So, the big issue with manifestation is the QUALITY of what you attract, and how you can achieve it. ANYONE CAN MANIFEST AND ATTRACT LOVE, SUCCESS and MORE OVER 20 POWERFUL TECHNIQUES AND STRATEGIES INCLUDING: What you need to know about vibrations and frequencies that may have been holding you backHow to manifest in 5 easy step that won't fail!Learn hermetic rosicrucian secretsHow to manifest the career you love. How to get your ex backHow to balance chakra energy and manage vibrationThe trademarked process of THE TRIANGLE CHECK to eliminate blocks to your success.An inspirational technique that pulls your dream in from the astral realms todayWhy frequencies are the answer to all your problems and how to deal with them.How to stay in a high frequency and automatically attract what you want without affirmations or visualizations.Why vision boards only HALF work.Powerful step by step client studies working with the law of attraction to help you understand.The most simple book on mastering the law of attraction and making it work for you all the time.Download this book today and be on your way to having your dream tomorrow! Tags: Inspiration, law of attraction, frequency, manifest, soulmate, attract love Includes a BONUS BOOK on Manifesting Simply With 5 Easy Steps! You know it works, so why isn't it working for YOU Have you struggled with understanding how to actually use vibrations to manifest? This simple process will change your life! This book will make you an expert on the law of attraction and frequencies. What you need to know about vibrations and frequencies that may have been holding you backHow to manifest in 5 easy step that won't fail!How to attract what you want within 24 hours or lessHow to manifest the career you love,

simply by loving it How to draw your soulmate to you and keep them loving you How to become the most powerful and happy person you can be The trademarked process of THE TRIANGLE CHECK to eliminate blocks to your success. An inspirational technique that pulls your dream in from the astral realms today Why frequencies are the answer to all your problems and how to deal with them. How to stay in a high frequency and automatically attract what you want without affirmations or visualizations. Why vision boards only HALF work. Powerful step by step client studies working with the law of attraction to help you understand. The most simple book on mastering the law of attraction and making it work for you all the time. This book is dedicated to the mastery of all your desires. The Frequency was written to help you tap into the amazing manifestation powers that you possess, and how to harness and use them to get exactly what you want. Linda West is an expert on manifesting with a large youtube following and clients that have shared their own success stories after using her technique. This book is filled with information you have never read before concerning frequencies and the science of the sixth sense. Once you have a true understanding of how frequencies work in your world, you will forever be the master of your own destiny.

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### **365 WAYS TO LIVE THE LAW OF ATTRACTION**

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### **HARNESS THE POWER OF POSITIVE THINKING EVERY DAY OF THE YEAR**

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*Simon and Schuster* Love, success, happiness, a long and healthy life—these are the things the Law of Attraction promises to deliver—but how? It sounds easy enough, but what does it really mean? In this book, you find the practical steps you need to harness the power of the universe and transform your life. Each of the 365 entries provides a simple, concrete action item guaranteed to attract good things into your life, such as: Use the tarot to attract the perfect romantic partner Learn to say no to the bad so you can say yes to the good Make a wealth poster to attract more success Run a water fountain to stimulate the positive flow of money Use affirmations to boost your healthy energy Meditate to achieve serenity and peace of mind With this engaging, enlightening guide, you find the spiritual path to your wildest dreams, one day at a time!

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### **A BEGINNER'S GUIDE TO CONSTRUCTING THE UNIVERSE**

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### **THE MATHEMATICAL ARCHETYPES OF NATURE, ART, AND SCIENCE**

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*Harper Collins* Discover how mathematical sequences abound in our natural world in this definitive exploration of the geography of the cosmos You need not be a philosopher or a botanist, and certainly not a mathematician, to enjoy the bounty of the world around us. But is there some sort of order, a pattern, to the things that we see in the sky, on the ground, at the beach? In A Beginner's Guide to

Constructing the Universe, Michael Schneider, an education writer and computer consultant, combines science, philosophy, art, and common sense to reaffirm what the ancients observed: that a consistent language of geometric design underpins every level of the universe, from atoms to galaxies, cucumbers to cathedrals. Schneider also discusses numerical and geometric symbolism through the ages, and concepts such as periodic renewal and resonance. This book is an education in the world and everything we can't see within it. Contains numerous b&w photos and illustrations.

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## **PEMF - THE FIFTH ELEMENT OF HEALTH**

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### **LEARN WHY PULSED ELECTROMAGNETIC FIELD (PEMF) THERAPY SUPERCHARGES YOUR HEALTH LIKE NOTHING ELSE!**

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BalboaPress You probably know that food, water, sunlight, and oxygen are required for life, but there is a fifth element of health that is equally vital and often overlooked: The Earth's magnetic field and its corresponding PEMFs (pulsed electromagnetic fields). The two main components of Earth's PEMFs, the Schumann and Geomagnetic frequencies, are so essential that NASA and the Russian space program equip their spacecrafts with devices that replicate these frequencies. These frequencies are absolutely necessary for the human body's circadian rhythms, energy production, and even keeping the body free from pain. But there is a big problem on planet earth right now, rather, a twofold problem, as to why we are no longer getting these life-nurturing energies of the earth. In this book we'll explore the current problem and how the new science of PEMF therapy (a branch of energy medicine), based on modern quantum field theory, is the solution to this problem, with the many benefits listed below: • eliminate pain and inflammation naturally • get deep, rejuvenating sleep • increase your energy and vitality • feel younger, stronger, and more flexible • keep your bones strong and healthy • help your body with healing and regeneration • improve circulation and heart health • plus many more benefits

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## **EARTH FREQUENCY**

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### **SACRED SITES, VORTEXES, EARTH CHAKRAS, AND OTHER TRANSFORMATIONAL PLACES**

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Llewellyn Worldwide Connect with Spiritual Energy in the Natural World Deepen your connection to the world around you, expand your consciousness, and grow spiritually by actively engaging with the earth's energy. This groundbreaking book presents the various forms of earth frequency and how working with this energy leads to amazing improvements in your happiness, self-confidence, and spirituality. Melissa Alvarez becomes your personal tour guide to 250 power places and sacred sites all over the world, from Antelope Canyon in Arizona to Mount Olympus in Greece. Earth Frequency lets you explore many unique and interesting locations that are

overflowing with the positivity of the planet's energy. You'll also discover visualizations and exercises designed to increase your intuition and open you to the dynamic power of a place. Featuring nine maps and location keys for major geographical areas as well as detailed information on the earth's chakra system, this book will broaden your horizons and transform your nature-based practice.

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### **THE ONLY ASTROLOGY BOOK YOU'LL EVER NEED**

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*Taylor Trade Publications* OVER HALF A MILLION COPIES SOLD! This is the classic guide to astrological history, legend, and practice! Readers will enjoy simple, computer-accurate planetary tables that allow anyone born between 1900 and 2100 to pinpoint quickly their sun and moon signs, discover their ascendants, and map out the exact positions of the planets at the time of their birth. In addition to revealing the planets' influence on romance, health, and career, *The Only Astrology Book You'll Ever Need* takes a closer look at the inner life of each sign. Celebrated astrologer Joanna Martine Woolfolk offers abundant insights on the personal relationships and emotional needs that motivate an individual, on how others perceive astrological types, and on dealing with the negative aspects of signs. Readers will also welcome the inclusion of new discoveries in astronomy. Lavishly illustrated and with an updated design, this new edition is an indispensable sourcebook for unlocking the mysteries of the cosmos through the twenty-first century and beyond.

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### **THE ANCIENT SECRET OF THE FLOWER OF LIFE, VOLUME 1**

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*Light Technology Publishing* "Here, Drunvalo Melchizedek presents in text and graphics the first half of the Flower of Life Workshop, illuminating the mysteries of how we came to be, why the world is the way it is and the subtle energies that allow our awareness to blossom into its true beauty." --COVER.

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### **YOU'RE NOT DYING YOU'RE JUST WAKING UP**

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Hello curious soul. There's a reason you were drawn to this book. Maybe you're dissatisfied with what you've been told you "should be." Maybe you know there's something bigger out there, waiting for you, but the people in your life just don't understand. Maybe you feel crazy or alone, like part of you is dying. You're not dying. You're just waking up. Even if you have seen my content before, it's time to strap in and hold on tight because this is not your average text. It's your soul's reminder of how powerful you are, and of how much you already know! Stop living your life in safety and stagnation. Stop making choices through obligation and attachment. Step up, live your life to the fullest. You are ready, and the world is waiting. *The Awakening Journey* dives deep into the stages of: anxiety, emotions & apathy, ego death, being an empath, 11:11, what is the 5th dimension, soul purpose & mission, cosmic identity & soul family,

ending with a little bit of quantum physics! During this epic spiritual awakening overview, Elizabeth April takes you on a journey through all the stages of what a human experiences during their ascension! Waking up isn't easy, and not knowing why your life is changing can be difficult. The Awakening Journey will give you the knowledge you need to stay empowered throughout your evolutionary shift from the 3rd dimension frequency into the 5th dimension and beyond! We invite you to join us on this epic awakening journey. Are you ready? Are you having symptoms of awakening? How does the awakening affect us? The world is shifting into a new vibrational frequency. This book is a guide to help you on your journey of self realization and ascension. We are moving from 3D to 5D and it sucks! What is the 5th dimension? Elizabeth April's book The Awakening Journey will help you deep dive into your vibration, the matrix system, anxiety and emotions, your soul mission and purpose as well as quantum physics and aliens.

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### **SWITCHWORDS: HOW TO USE ONE WORD TO GET WHAT YOU WANT**

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*HarperCollins UK* Discover how to talk instantly to your subconscious and manifest the life you want.

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### **TUNING THE HUMAN BIOFIELD**

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### **HEALING WITH VIBRATIONAL SOUND THERAPY**

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*Simon and Schuster* • Provides a precise map of the energetic biofield that surrounds the body, showing where specific emotions, memories, traumas, and pain are stored • Details how to locate stored trauma in the biofield with a tuning fork and clear it • Winner of the 2015 Nautilus Silver Award When Eileen McKusick began offering sound therapy in her massage practice she soon discovered she could use tuning forks to locate and hear disturbances in the energy field, or biofield, that surrounded each of her clients. Passing the tuning forks through these areas in the biofield not only corrected the distorted vibrational sounds she was hearing but also imparted consistent, predictable, and sometimes immediate relief from pain, anxiety, insomnia, migraines, depression, fibromyalgia, digestive disorders, and a host of other complaints. Now, more than 20 years later, McKusick has fully developed her sound healing method, which she calls Biofield Tuning, and created a map of the biofield, revealing the precise locations where specific emotions, memories, ailments, and traumas are stored. In this book, McKusick explains the basics of Biofield Tuning practice and provides illustrations of her Biofield Anatomy Map. She details how to use tuning forks to find and clear pain and trauma stored in the biofield and reveals how the traditional principles and locations of the chakras correspond directly with her biofield discoveries. Exploring the science behind Biofield Tuning, she examines scientific research on the nature of sound and energy and explains how experiences of trauma produce “pathological oscillations” in the biofield, causing a breakdown of order, structure, and function in the body. Offering a revolutionary perspective on mind, energy, memory, and trauma, McKusick’s guide to Biofield Tuning provides new avenues of healing for energy

workers, massage therapists, sound healers, and those looking to overcome chronic illness and release the traumas of their past.

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## **YOUR IMMORTAL REALITY**

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### **HOW TO BREAK THE CYCLE OF BIRTH AND DEATH**

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*Hay House, Inc* In this fascinating book, Gary Renard and his Ascended Master Teachers, Arten and Pursah, teach you how to integrate advanced spiritual principles into your everyday life. Doing so leads beyond theory to an experience of the Divine and the undoing of the ego. Your progress will be accelerated to such a degree that, with continued practice, you can't help but stop the need to reincarnate . . . once and for all. Like Gary's first book, The Disappearance of the Universe, this work elaborates on the teachings of two spiritual classics, The Gospel of Thomas and A Course in Miracles. By focusing on a unique brand of quantum forgiveness, rather than the old-fashioned kind, and taking the understanding of the importance of thought up to a whole new level, your goal will become nothing less than to break the cycle of birth and death.

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## **DREAMS FOR DUMMIES**

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*For Dummies* Explains how to interpret dreams, keep a dream diary, and use dreams for inspiration and creativity, and includes a miniature dream dictionary and dream exercises and activities.

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## **A FIELD GUIDE TO LUCID DREAMING**

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### **MASTERING THE ART OF ONEIRONAUTICS**

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*Workman Publishing Company* Imagine being able to fly. Walk through walls. Shape-shift. Breathe underwater. Conjure loved ones—or total strangers—out of thin air. Imagine experiencing your nighttime dreams with the same awareness you possess right now—fully functioning memory, imagination, and self-awareness. Imagine being able to use this power to be more creative, solve problems, and discover a deep sense of well-being. This is lucid dreaming—the ability to know you are dreaming while you are in a dream, and then consciously explore and change the elements of the dream. A Field Guide to Lucid Dreaming, with its evocative retro illustrations, shows exactly how to do it. Written by three avid, experienced lucid dreamers, this manual for the dream world takes the reader from step one—learning how to reconnect with his or her dreams— through the myriad possibilities of what can happen once the dreamer is lucid and an accomplished oneironaut (a word that comes from the Greek oneira, meaning dreams, and nautis, meaning sailor). Readers will learn about the powerful REM sleep stage—a window into lucid dreams. Improve dream recall by keeping a journal. The

importance of reality checks, such as “The Finger”—during the day, try to pass your finger through your palm; then, when you actually do it successfully, you’ll know that you’re dreaming. And once you become lucid, how to make the most of it. Every time you dream, you are washing up on the shores of your own inner landscape. Learn to explore a strange and thrilling world with *A Field Guide to Lucid Dreaming*.

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## **READING BETWEEN THE LINES**

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*John Hunt Publishing* Have you ever wondered what it is like to be a Palm Reader? Can they really see the future by looking at your hands? Or do they just make it up? Can they really look deep inside someone and know everything about that person? Kind of gives you the shivers, doesn't it?

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## **THE VOICE OF KNOWLEDGE**

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### **A PRACTICAL GUIDE TO INNER PEACE**

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*Amber-Allen Publishing* In *The Voice of Knowledge*, Miguel Ruiz reminds us of a profound and simple truth: The only way to end our emotional suffering and restore our joy in living is to stop believing in lies — mainly about ourselves. Based on ancient Toltec wisdom, this breakthrough book shows us how to recover our faith in the truth and return to our own common sense. Ruiz changes the way we perceive ourselves, and the way we perceive other people. Then he opens the door to a reality that we once perceived when we were one and two years old — a reality of truth, love, and joy. “We are born in truth, but we grow up believing in lies. . . . One of the biggest lies in the story of humanity is the lie of our imperfection.” — don Miguel Ruiz • From the international bestselling author of *The Four Agreements* • A New York Times bestseller • Over 300,000 copies sold in the U.S.

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## **SOLUTIONS MANUAL FOR ENGINEERING VIBRATIONS**

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*CRC Press*

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## **THE SCIENCE OF MIND**

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*Phoemixx Classics Ebooks* *The Science of Mind* Ernest S. Holmes - A Complete Course of Lessons in the Science of Mind and Spirit . These lessons are dedicated to that truth which frees man from himself and sets him on the pathway of a new experience, which enables him to see through the mist to the Eternal and Changeless Reality. In presenting these lessons in Mental Science to the

public, it is my desire to make it possible for any one, who cares to take the time to study them, to demonstrate the truths that will be discussed. It is, perhaps, hard to set down in writing a complete teaching in Mental Science that will not appear difficult to understand; but this could be said as well of any science, and the Science of Mind is no exception to the general rule. From the author of *Creative Mind And Success*, comes this short book on how to utilise the power of your mind. Holmes shows us how our thoughts can become reality and what we can do to use that to our benefit.

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## **I AM**

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### **THE POWER OF DISCOVERING WHO YOU REALLY ARE**

*Penguin* "I AM is a fascinating, in-depth and eye-opening look at the very essence of how each of our lives are created in every moment." - Hale Dwoskin, author of the New York Times bestseller, *The Sedona Method* and featured teacher in *The Secret* For centuries humankind has been asking fervent questions about the meaning of life. As Howard Falco learned, the answers to these questions can ultimately be found in the answer to just one: "Who am I?" In late 2002, in the middle of an ordinary life, Falco-a thirty-five-year-old investment manager with a wife and two children-sought the answer to this powerful question and remarkably this quest resulted in a sudden and all-encompassing shift in his awareness that revealed more about life and how we each create it than he ever imagined knowing. Startled by this new understanding and its implications for his own life and the lives of all others, Falco set out to share his discoveries. The stunning result is this book. I AM takes readers on a life-changing journey in which they will discover the incredible power they have over their experience of life, finding that the doorway to eternal peace, happiness, and fulfillment lies in one of the shortest sentences in the written word but the most powerful in the universe: I AM.

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## **ASK AND IT IS GIVEN**

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### **LEARNING TO MANIFEST YOUR DESIRES**

*ReadHowYouWant.com* This book, which presents the teachings of the nonphysical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. You'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space-reality and you'll discover powerful processes that will help you go with the positive flow of life.--From publisher description.

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## **THE UNCHAINED LIFE MANUAL**

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### **16 BIOHACKS TO UPGRADE BODY, MIND, AND SPIRIT**

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The Unchained Life Manual is an illustrated holistic wellness guide, which examines sixteen alternative healing modalities to re-calibrate the body, mind, and spirit. The term "bio-hacking" means to alter our biology to achieve a greater level of performance. By incorporating techniques such as light therapy, sound therapy, aromatherapy, vitamin therapy, inversion, meditation, and others, IT IS POSSIBLE to re-balance the body and to live in a state of ease, versus dis-ease. With 78% of Americans overweight and an estimated 80 million people suffering from insomnia and depression, it is becoming more apparent that the majority of people go through their lives living in a state of fatigue, exhaustion, despair, stress, and "dis-ease." The Unchained Life Manual challenges generally accepted dogma concerning health, wellness, and recommended dietary allowances for vitamins and minerals, by presenting anecdotal, empirical, and clinical references that point towards a desperately needed collective paradigm shift. With multiple sources stating that medical mistakes are the third leading cause of death in America, maybe it is time for all of us to truly learn about our physiology and reclaim ownership over our personal health and wellness, so we can avoid unnecessary hospital visits?Disclaimer: The Unchained Life Manual is not medical advice. The information contained within is not designed to diagnose, treat, prevent, or cure any disease.

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### **21 METAPHYSICAL SECRETS**

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#### **LIFE CHANGING TRUTHS FOR UNCONVENTIONAL THINKERS INCLUDING 9 DO-IT-YOURSELF ENERGY EXPERIMENTS**

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Discover The 21 Secrets of Metaphysics: Use The Law of Attraction And Manifestation.

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### **SPIRITUAL LIBERATION**

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#### **FULFILLING YOUR SOUL'S POTENTIAL**

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*Simon and Schuster* A spiritual leader featured in *The Secret* challenges readers to search within themselves for the key to unlocking their future and changing their lives in amazing ways, in a book that teaches inner spiritual work, rather than religiosity or dogma, and is structured around the key themes of transformation, peace, abundance, and more. Original.