

Dissolving The Ego Realizing The Self

This information-packed little 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. Each day, 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. So start making your dreams a reality . . . right now! The first work of higher awareness and practical metaphysics by the twentieth-century's groundbreaking visionary, Neville Goddard. In the past decade the visionary work of Neville Goddard (1905–1972) has attained spectacular popularity. A new generation of readers is discovering and testing Neville's core principle: imagining creates reality. In this handsome Cornerstone Edition, readers can now experience Neville's first book from 1939, *At Your Command*. The book succinctly lays out his teaching with splendor, ease, and total practicality. Neville first classic work now has the dignified and beautiful publication it deserves. As a special bonus, this Cornerstone Edition includes historian Mitch Horowitz's essay on Neville's life and work, "Neville Goddard: A Cosmic Philosopher," which explores the background of Neville's mysterious teacher Abdullah, and considers how his ideas relate to contemporary science. The now widely known *Map of Calibrated Levels of Consciousness* was presented in *Power vs. Force* in 1995 and has been translated into all the world's major languages. This was followed by *The Eye of the I* (2001), *I: Reality and Subjectivity* (2003), and *Truth vs. Falsehood* (2005), which explored the levels of Truth reflected throughout society. *Transcending the Levels of Consciousness* returns to the exploration of the ego's expressions and inherent limitations and gives detailed explanations and instructions on how to transcend them. As with the reading of Dr. Hawkins' previous books, the reader's level of consciousness is advanced as a consequence of exposure to the information itself. This opens up avenues to the relief of suffering for oneself and others, which fulfills the purpose of the work and the intention to facilitate the reader's own Enlightenment.

As a society, we have become so accustomed to ego-based emotions like misery, worry, fear, and conflict that we believe these are the norm. This is not the truth, however. We were born to be happy and love unconditionally—it's the gift of self. How can we return to a non-linear state of happiness and peace when everything around us says that nothing is more important than me, me, me? *The Ego-Less SELF* is a journey of discovery and a return to the self by "one of the most influential clinical and spiritual teachers in North America." It looks closely at the notion of "spiritual transformation" by first showing readers how the ego develops over time to cause suffering in our lives. Once the ego is stripped away, then the historical pathways to the self—heart, mind and action—can begin to work. With a broad range of spiritual influences, from the Bible to the Dalai Lama, personal stories of enlightenment, and real employable strategies and techniques, *The Ego-Less SELF* sets out to deflate the ego to let the true self shine through. Readers will begin to learn how to get rid of resentments, surrender the ego's unconscious programs for happiness, and employ simple techniques to increase contact with consciousness through the right-brain hemisphere. The road to self is not about trying to acquire anything but rather the willingness to surrender all of our culture's egotistic ways, thus taking us back to that which we are—the purest self. *The Ego-Less SELF* is the GPS for the journey. How does one traverse the spiritual landscape to move beyond suffering to experience the peace and love of God, to dissolve illusion and realize the state of enlightenment? In this collection of inspiring passages from David R. Hawkins' work, the reader is reminded of the illusory nature of the personal self (identification of the ego/mind) and the direct pathways to dissolve the ego/mind's trappings. This pocket edition is designed especially for today's spiritual student on the go, to inspire contemplation and reflection during a break at work, while hiking in the woods, during a quiet coffee-shop moment, on an airplane, with a partner—in whatever environment one finds oneself. *Dissolving the Ego, Realizing the Self* is a reliable companion on the aspirant's quest toward higher truth.

How to Hear Your Angels is a step-by-step manual on how to clearly receive messages from your angels and guides. The material was culled from Doreen Virtue's best-selling book *Messages from Your Angels* and from her workshops. Doreen has been assigning this reading material to her Angel Therapy Practitioner students for many years, and at their request has compiled the information in this handy book. Within these pages, you'll discover your communication 'style' so that you can more easily recognize the visions, words, thoughts, and feelings you receive as Divine guidance. The book is filled with charts to help you discern the difference between true Divine guidance and the voice of the ego, and it will help you engage in clear and understandable conversations with Heaven.

This is the second volume of a trilogy that began with *Power vs. Force* and will be completed in the year 2002 by the publication of the third volume entitled *I: Reality and Subjectivity. The Eye of the I* (which calibrates at 950) is more advanced than *Power vs. Force* (which calibrates at 850) and brilliantly reveals the very core of the spiritual process critical to the state of Enlightenment. The intrinsic power of the information provided in this startling classic is sufficient of itself to elevate the consciousness of the reader. This likelihood has been anticipated and provided for by preparatory recontextualizations. Included are verbatim dialogues with advanced students, instructions, and explanations that illuminate the spiritual teachings. *The Eye of the I* is a brilliant work that dissolves the barriers between the known and the unknown, between science and spirituality, and between the Newtonian linear paradigm of the ego and the nonlinear reality of Enlightenment. With the resolution of the self, the Self shines forth and reveals one's true identity.

Discusses the forces that people can control versus the unseen, uncontrollable powers which actively govern many lives.

[The Pathway of Surrender](#)

[Detox Your Ego](#)

[Making Life Easy](#)

[The Power of Now](#)

[From Which Nothing Is Hidden](#)

[The Ego-Less SELF](#)

[The Stairway to Enlightenment](#)

[Devotional Nonduality](#)

[A New Earth \(Oprah #61\)](#)

[Loving Fully, Living Freely](#)

[7 easy steps to achieving freedom, happiness and success in your life](#)

[A Guide to Spiritual Enlightenment](#)

[The Ego Is Not the Real You](#)

Why do some people seem more creative than others? How do brilliant minds gain key card access to unexplained depths of power and illumination while others struggle simply to choose a tie? Studies have demonstrated that creativity isn't necessarily linked with intelligence, yet our most profound philosophers and academic minds have yet to crack the creative genius code. Until now. The most current research into the nature of consciousness—our sense of existence—has shed new insight into and sparked provocative discussion on the origins of creative genius and the ideal conditions for channeling heightened creativity.

"The Map of Consciousness Explained is an essential primer on the late Dr. David R. Hawkins's teachings on human consciousness and their associated energy fields. Using muscle testing, Dr. Hawkins conducted more than 250,000 calibrations during 20 years of research to define a range of values, attitudes, and emotions that correspond to levels of consciousness. This range of values—along with a logarithmic scale of 1 to 1,000—became the Map of Consciousness, which Dr. Hawkins first wrote about in his New York Times bestseller, *Power vs. Force*. In this book, readers will gain an introduction and deeper understanding of the Map, with visual charts and practical applications to help them heal, recover, and evolve to higher levels of consciousness and energy"—

A meditation on the nature of creativity contends that active creativity is the most spiritually powerful act that a person can undertake and explains how readers can raise personal consciousness and a greater spiritual connection by acting on one's personal creative abilities. By the author of *Original Blessing*. Original.

Describes a means to let go of the obstacles to Enlightenment and become free of negativity.

Civilization and Its Discontents is considered Freud's most brilliant work. In it he states his views on the broad question of man's place in the world. It has been praised, dissected, lambasted, interpreted, and reinterpreted. Originally published in 1930, it seeks to answer several questions fundamental to human society and its organization—What influences led to the creation of civilization? Why and how did it come to be? What determines civilization's trajectory? This process, argues Freud, is an inherent quality of civilization that instills perpetual feelings of discontent in its citizens. Freud's theme is that what works for civilization doesn't necessarily work for man. Man, by nature aggressive and egotistical, seeks self-satisfaction.

David R. Hawkins, M.D., Ph.D., was renowned as a physician, lecturer, and researcher of consciousness. But he's perhaps most revered for his books, particularly the seminal *Power vs. Force*, which has been translated into 25 languages and sold over a million copies. *Success Is for You* uses many of the concepts that fans of Dr. Hawkins will recognize and applies them to the world of business and the psychology of success. Expanding upon the illuminating discussion of the attractor patterns of success from *Power vs. Force*, this remarkable never-before-published book pulls back the curtain on the inner workings of the successful mind. For, truly, success, according to Dr. Hawkins, is an attitude we inhabit, rather than a goal we strive for. New readers will find this to be a perfect introduction to an incredible teacher and foremost expert on mental processes, providing profound insights and real-world examples to help anyone focus on—and consequently achieve—what they desire. This fascinating book reveals:

- The causality formula for success (and deconstruction of so-called failure)
- How goodwill can actually turn to profit
- Nine acid-test steps to determine our mode of being
- How to "get to the top" (and why the destination is really our starting point)

Yet its scope ranges far beyond a mere how-to manual. As Dr. Hawkins says, "Having facts and know-how . . . does not guarantee success. There are other factors involved. It is these other secret factors that we are going to explore." The secret factors—the heart-centered power principles underlying success—are decoded here . . . delivering an eternal message of possibility for us all.

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

Learn to let go of the illusions of the ego and discover the real you with this collection of inspiring quotes on the ego, mind, and spiritual enlightenment from human-consciousness expert Dr. David R. Hawkins. Are you willing to let go of seeing yourself as the ego believes you to be? Are you willing to go further, to know that the ego itself is an illusion? In this book, select teachings from Dr. David R. Hawkins's extensive body of work will guide you in the process of realization, surrender, and transformation. When we let go of the old ways of thinking, our attachments, and the false promises of the ego, we discover the truth that we are one with All. Features classic passages, including:

- It is not really necessary to subdue the ego, but merely to stop identifying with it.
- Every life experience, no matter how "tragic," contains a hidden lesson. When we discover and acknowledge the hidden gift that is there, a healing takes place.
- Enlightenment is not a condition to be obtained; it is merely a certainty to be surrendered to, for the Self is already one's Reality. It is the Self that is attracting one to spiritual information.
- To be enlightened merely means that consciousness has realized its most inner, innate quality as nonlinear subjectivity and its capacity for awareness.
- The only energy that has more power than the strength of the collective ego is that of Spiritual Truth. "This book is small in size, but it can have a massive impact on your life. It will take you through the process of a total transformation of consciousness—if you choose to apply its teachings deeply within yourself." — From the Introduction by Fran Grace, Ph.D.

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[Along the Path to Enlightenment](#)

[The Book](#)

[Letting Go](#)

[The Path of the Heart](#)

[The Essential Law of Attraction Collection](#)

[I](#)

[Manifest Your Desires](#)

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[The Dragon Doesn't Live Here Anymore](#)

Reveals a breakthrough in documenting a new era of human knowledge. Only in the last decade has a science of Truth emerged that, for the first time in human history, enables the discernment of truth from falsehood. Presented are discoveries of an enormous amount of crucial and significant information of great importance to mankind. Truth and Reality, Dr. Hawkins states, have no secrets, and everything that exists now or in the past— even a thought— is identifiable and calibratable from the omnipresent field of Consciousness itself.

Have you had a glimpse of your true nature? Do you keep falling back asleep again? This book is one of a kind and will give you simple step by step advice, practice and tools to fully awaken to your True Self. You will learn how to recognise the Self that you already are by many various methods. Pick the one that calls to you and apply what you read consistently. Nobody can show you what you already are but this book will show you how to look. Already you are the Silence, Stillness and peace that we are all innately looking for. Many spiritual seekers have seen the Truth of what they really are but are unable to live from and as that place as yet. This book is designed for you.

We're used to thinking about the self as an independent entity, something that we either have or are. In *The Ego Tunnel*, philosopher Thomas Metzinger claims otherwise: No such thing as a self exists. The conscious self is the content of a model created by our brain - an internal image, but one we cannot experience as an image. Everything we experience is "a virtual self in a virtual reality." But if the self is not "real," why and how did it evolve? How does the brain construct it? Do we still have souls, free will, personal autonomy, or moral accountability? In a time when the science of cognition is becoming as controversial as evolution, *The Ego Tunnel* provides a stunningly original take on the mystery of the mind.

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being. ☞The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.☞ Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

To truly heal is to "make whole" on all levels, in contrast to "treating" which is limited and short-sighted, as Hawkins has emphasized in his best-selling series of books on human consciousness. These holistic lectures were first presented to a variety of recovery organizations and clinicians from diverse backgrounds. The emphasis is on recovery in its fullest sense - mental, physical, psychological and spiritual. Hawkins draws from a diverse clinical background of over 50 years as a leader in the field.--

A witty attack on the illusion that the self is a separate ego that confronts a universe of alien physical objects.

The sixth book in a progressive series by Dr. David R. Hawkins, this work finalizes and further clarifies the true nature and core of the condition termed Enlightenment. It is primarily an instruction manual for the serious spiritual devotee and reveals information only known by those who have transcended the ego to reach Divine Realization. This is the inner route from the self to the Self, and the descriptions of the progressive states are devoted to the reader's own illumination. This work will appeal to those who themselves are dedicated to the spiritual Reality of Truth as the direct pathway to God.

Who is the man behind the best-selling *Power vs. Force*: The Determinants of Human Behavior and the Map of Consciousness? From fundamentalism to atheism, psychoanalysis to Zen Buddhism, the pits of hell to the infinite presence of God, Dr. David R. Hawkins has dedicated his life to the pursuit of Truth, spending over fifty years as a psychiatrist before becoming a spiritual teacher after the publication of *Power vs. Force*. As a psychiatrist, Hawkins helped pioneer a new field of psychiatry, running one of the largest clinics in the United States and treating thousands of hopeless cases of schizophrenia, alcoholism, and drug addiction. He worked closely with some of the world's leading minds, including two-time Nobel laureate Linus Pauling; famed psychiatrists Abram Hoffer and Humphrey Osmond; and the charismatic co-founder of Alcoholics Anonymous, Bill Wilson. Doctor of Truth explores what kind of life Hawkins led, who influenced his development, and what experiences shaped his understanding of the world around him, as well as the influences that informed his Map of Consciousness and the writing of *Power vs. Force*.

[The Science of the Mind and the Myth of the Self](#)

[Achieving Peace & Tranquility Beyond All Understanding](#)

[White Fragility](#)

[Contemplations from the Teachings of David R. Hawkins, M.D., Ph.D.](#)

[Dissolving the Ego, Realizing the Self](#)

[It's Time to Choose, Your Ego Or You?](#)

[Discovery of the Presence of God](#)
[Unraveling Humanity's Biggest Secret](#)
[Transcending the Levels of Consciousness](#)
[At Your Command](#)
[If](#)

[When Everything Changes, Change Everything](#)
[Healing and Recovery](#)

Many changes are occurring now in the lives of all of us, but does "change" have to equal "crisis"? No. Not if you have the means with which you can change your experience of change – and that is what you are holding in your hand. This is more than a book about change. It's about how life itself works. It is about the very nature of change – why it happens, how to deal with it, and how to make it be "for the better." On these pages are *Nine Changes That Can Change Everything*. Is it possible that what you are about to read has come to you at the right and perfect time . . . ?

A collection of hundreds of intriguing questions--ranging from the practical to the hilarious to the thought-provoking--is designed to inspire self-exploration and promote discussion

Something is living inside each of us, but it is not our true selves. It is a version of us we created in our youth to protect our vulnerable inner beings from the threats of the outside world. It is a version of us we are feeding and strengthening every single day... but we don't realize we are doing it. It spends all its time and energy creating a world of deception around us. A world so authentic and addicting that we have forgotten how to find our way back home. A world where we move mountains to keep this being alive while we willingly neglect our true inner selves, leaving them to starve. Our egos are arguably the most destructive forces on the planet. If we look at many of the major issues that are plaguing us in our modern context, you can most certainly trace their roots back to peoples' egos and our blind obedience to this internal master driving our behavior. Our egos limit us in so many ways. They distract us from enjoying the present moment by ensuring we are always ruminating on the past or anxiously fearing the future. They limit our performance by injecting fear into our thoughts at the moments we need a clear head. They decimate our relationships by seeking self-aggrandizement instead of authentic connections. Therefore, we must ask ourselves the following questions: 1. Am I awake to the deceptions of my self-generated ego? 2. Do I recognize the reality I am experiencing is a fictional world created to ensure my ego survives and thrives? I have been on a 11-year journey to confront my ego and remove its stranglehold over my life. This book reveals major pieces of that journey in a unique way. We will start by attaching a 365-pound bundle to me and jumping it out of a plane at 13,000 feet; we will discover hidden signposts that nudged me towards the path that leads back home; we will uncover the brutal 2200-mile Appalachian Trail arena that pitted me against my ego for hours, days, weeks, and months on end, showcasing just how intertwined and deceptive my ego was inside my life; and much, much, more. I created this book to help shake more humans awake and rob more egos of the power they hold over the world we are living in. This book is for those who realize something is hiding underneath the surface of their everyday experience. It is a book for those desiring to find their path back home.

I: Reality and Subjectivity explains the very essence of consciousness as it evolved from its primordial appearance as life on earth, on up through evolution as the human ego, and hence, the transcendence of the ego as the spiritual Reality of Enlightenment and the Presence of Divinity. The uncommon clarity and lucidity with which the highly evolved subject matter is presented facilitates the reader's understanding and comprehension. The nature of consciousness is described in terms that recontextualize and simplify the spiritual process. The nonlinear reality of the enlightened sage is thereby made comprehensible to the reasoning mind.

The ego is the cause of all our mental and emotional suffering as well as all the strife and wars in the world. By ego we mean the fundamental thought of an "I." This I-thought has taken up residence in our minds and it is not our true self - it is an imposter. It is the feeling of separation from God, Nature and others. It is the sense of "I" and "mine." Thus, it is our egoistic minds that obscure the truth of our existence which is this: we are all beings of infinite bliss, love and joy! Happiness is our primal nature! There can be no Self-realization, God-realization, merging in the Divine, coming to Jesus or dissolving into the ocean of nirvana without abandoning that great thief and liar the ego. Most of us imagine our egos to be our friend but it is really our greatest enemy. This book explores the nature of the ego, its origins and how we might at last rid ourselves of this torment. Most of us will not be rid of the great liar immediately but every effort to move in that direction will remove some of our suffering. Even a little reduction in the illusions and delusions of our egos will give us great benefit and a deeper more satisfying peace, love and joy. The spiritual path is not about getting, acquiring or gaining anything. It is 100% about removing something and that something is the ego. Once removed, the truth of our magnificent luminous being is revealed. We will realize the ego had been no more than a phantom - an illusion - and we are free, liberated, saved and eternally reunited with the Divine. We are free to swim in the ocean of bliss!

What blocks spiritual progress? And how do we transcend these blocks? The spiritual teachings of David R. Hawkins on the nature of consciousness, spirit, and ego are known worldwide by students seeking to realize spiritual Truth. As a mystic, Dr. Hawkins has infused the truths found in the precepts of Western religion with the core of Eastern philosophy, bridging the familiar, physical world to the nonlinear, spiritual domain. This collection of passages, carefully selected from Dr. Hawkins's extensive writings, offers readers a new contemplation for each day. Any one of these passages, fully understood, can elevate one's level of consciousness.

"Don't read this book," your Ego says. "Your life could change. And that scares me." Sometimes our worst failures lead to our greatest transformation. In 2012, James McCrae left behind a comfortable life in Minnesota and a successful career in advertising to move to New York City and pursue his dreams of being a writer. Soon after he arrived, Hurricane Sandy ripped through the eastern seaboard. New York City was underwater, and James —jobless and running out of money —was suddenly homeless. Fleeing to the island of Culebra for refuge, James sat alone on Flamenco Beach while his greatest doubts and insecurities rose to the surface. What he discovered was his Ego —and it had a lot of sh#t to say. This story of adventure, redemption, and transformation reminds us that we all have two voices inside us: the Ego and the Higher Self. The Ego is our reactive, attached mind that tells us we're victims of circumstance. The Higher Self is our source of intuition and imagination that reminds us we're the creators of our reality. Sh#t Your Ego Says exposes the battle between these voices. With arresting honesty and candid, compelling prose, James takes you through practical strategies for overthrowing your Ego and reclaiming a life of creativity and freedom. Whether you're looking to achieve meaningful career success, improve your relationships, or unlock your imagination, this book provides a no-nonsense roadmap to living with purpose.

"Perhaps you hunger to finally end the struggle of living from a consciousness of fear and separation. Perhaps you yearn for a saner, wiser, more spiritually elegant way to move through our world. Perhaps you are weary of the dizzying pace of a culture that drives us ever further from our true nature. There is another way: a way of Grace. This book is a hand of friendship to help you come to abide in the living presence that you are and always were."—Miranda Macpherson, *The Way of Grace* Many of us struggle to truly live what we believe spiritually. What if closing that gap wasn't about trying harder, but something quite the opposite? *The Way of Grace* is a guide to spiritual surrender and nondual realization based on the practice of ego relaxation—a holistic, feminine approach to welcoming all of your experience and responding with compassion and wisdom in a world in need of your unique gifts. "Grace has four primary dimensions, or ways that it comes alive," explains Macpherson. "Ego relaxation gives us access to these dimensions, so we can stop trying to beat ourselves into spiritual shape and yield instead to an unshakable presence within." In *The Way of Grace*, she shares reflections, inquiries, and meditation practices for each phase of your journey: • *Relaxing into the Ground of Grace*—move beyond identification with your personality and return to the felt sense of your connection to Grace as your natural and ever-present foundation • *Receiving the Blessings of Grace*—move beyond "the spiritual poverty of lack" and rediscover the gift of life in every moment through the portals of trust, humility, patience, and joy • *The Transforming Power of Grace*—move beyond that which limits your full freedom through forgiveness, compassion, unwinding ego identity, and abiding in your boundless nature • *Living the Embodiment of Grace*—continue to surrender anything that binds you into self-centered patterns and behaviors and become a "Grace-delivery device," the presence of love here on Earth "Grace will always deepen, season, and bring out the very best in you," writes Macpherson. "You are its embodiment, always and forever." *The Way of Grace* will be your steady companion to "live as the fountain we were made to be, letting the living waters flow to quench our parched and tired Earth." Foreword by Russ Hudson.

[On the Taboo Against Knowing who You Are](#)
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[Wisdom to Transcend the Mind and Realize the Self](#)

What stops you performing at your best? Your ego. Your ego is your natural defence system, triggered when strong emotions such as anxiety and fear sweep through you. When you're doing something important - preparing for an exam, taking a driving test, speaking in public, making a business presentation, or striving to improve your performance in sport - your ego is sure to interfere. By enabling you to understand your underlying motivations and anxieties, DETOX YOUR EGO helps you improve the way you go about achieving those goals. DETOX YOUR EGO takes you on a journey of self-discovery, a process that enables you to master your own ego in order to increase your health, happiness and purpose. Psychologist Steven Sylvester's inspiring and ground-breaking approach focuses on a brand new approach to winning. In DETOX YOUR EGO, Sylvester shares for the very first time the seven easy steps to be freer, happier and more successful in your life. DETOX YOUR EGO liberates you to be the best that you can be.

The 10th anniversary edition of *A New Earth* with a new preface by Eckhart Tolle. With his bestselling spiritual guide *The Power of Now*, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived "in the now." In *A New Earth*, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, *A New Earth* is a profoundly spiritual manifesto for a better way of life—and for building a better world. Discusses research findings, clinical procedures, and theoretical bases for the application of orthomolecular principles to cases of schizophrenia, alcoholism, and drug addiction where perceptual dysfunction and chemical-nutritive brain imbalances are indicated. Bibliogs

A collection of inspiring passages from the author's body of works reminds readers about the illusory nature of the personal self and the ways to transcend ego limitations, in a carry-along pocket edition designed for busy readers. By the best-selling author of *Power vs. Force*. Original. 10,000 first printing.

For more than two decades, international best-selling authors Esther and Jerry Hicks have produced the Leading Edge Abraham-Hicks teachings, inspiring countless people through their workshops, CDs/DVDs, and books. Now, three of their most beloved titles are gathered into a single volume: • *The Law of Attraction* presents the powerful basics of the original Teachings of Abraham®. You've most likely heard the saying "Like attracts like," and although the Law of Attraction has been alluded to by some of the greatest teachers in history, it has never been explained in as clear and practical terms as it is in these pages. • *Money*, and the Law of Attraction shines a spotlight on two subjects troubling many people today: money and physical health. This book has been written to deliberately align you with the most powerful law in the universe—the Law of Attraction—so that you can make it work specifically for you, no matter what your life experience may be. • *The Vortex* will help you understand every relationship you are currently involved in or have ever experienced. It uncovers a myriad of false premises that are at the heart of every uncomfortable relationship issue, and guides you to a clear understanding of the creative Vortex that has already assembled the relationships that you have desired. The Essential Law of Attraction Collection is the perfect read for those who want to deepen their understanding of the Teachings of Abraham, as well as anyone who would like to have three wonderful books by Esther and Jerry together in one special edition!

Ever since medical school, Dr. Christiane Northrup has been guided by an essential truth about the way our bodies, minds, and souls are intertwined. It's the same truth Edgar Cayce expressed in this famous formula- The Spirit is Life. The Mind is the Builder. The Physical is the Result. When we don't grasp this-when we view our bodily well-being in isolation-life can devolve into constant worry about our health and constant battling to make our bodies "behave." When we acknowledge the deep connection between our beliefs and our biology and start to tune in to the Divine part of ourselves, it's a whole new ballgame-and the first step in truly making our lives work. Making life work, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. And this is what makes the efforts of modern medicine incomplete. As Dr. Northrup explains, our current medical system treats symptoms as inconveniences to be masked with drugs or eliminated with surgery-but that's like putting duct tape over the "check engine" light on your dashboard instead of looking under the bonnet to see what the engine needs. This joyfully encouraging new book helps you lift the bonnet on your own life and health. Topics include- - Untying the knots of blame and guilt that harm your health - Using sexual energy consciously to increase vitality - Balancing your internal systems, including your microbiome, through healthy eating - Cultivating a strong, healthy ego that serves you-instead of the other way around - Communicating directly with the Divine-whatever form it takes for you Drawing on fields from astrology to past-life regression to the new science of epigenetics to standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

Ram Dass's long-awaited *Be Love Now* is the transformational teaching of a forty year journey to the heart. The author of the two-million-copy classic *Remember, Be Here Now* and its influential sequel *Still Here*, Dass is joined once more by Rameshwar Das—a collaborator from the Love Serve Remember audio recordings—to offer this intimate and inspiring exploration of the human soul. Like Deepak Chopra's *Book of Secrets*, the Dalai Lama's *Art of Happiness*, and Jon Kabat-Zinn's *Coming to Our Senses*, Ram Dass's *Be Love Now* will serve as a lodestar for anyone seeking to enhance their spiritual awareness and improve their capacity to serve—and love—the world around them.

[Orthomolecular Psychiatry: Treatment of Schizophrenia](#)
[Be Love Now](#)
[The Life of David R. Hawkins](#)
[Doctor of Truth](#)
[Why It's So Hard for White People to Talk About Racism](#)
[The First Classic Work by the Visionary Mystic](#)
[Discovering the Source of Inspiration](#)
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