

## Rituals Reiki And Self Care To Heal Burnout Anxiety And Stress

*Balance your unique emotional and energetic sensitivities—and avoid taking on other people’s feelings—with these 100 practical activities, rituals, and quizzes, designed specifically for empaths everywhere! If you are an empath, you understand that your unique sensitivity—unusually high awareness of surrounding emotions and energies—can sometimes feel like a challenge. You may find yourself overwhelmed by large groups, worn out by other people’s emotions, or inexplicably uncomfortable in certain places. Finding the time and space—and having the empath-specific tools—to rest, recharge, and reconnect with your own emotions and energy is vital for your self-care. Finally, there’s a book that helps you do just that! In Self-Care for Empaths, you’ll find 100 exercises, quizzes, and rituals that you can incorporate in your daily life to keep you feeling centered, grounded, and energized, including: -Techniques to help you avoid becoming overwhelmed and drained, like building in healthy retreat and recovery time. -Tools for setting stronger boundaries, like learning how to tune in or more mindfully tune out of other people’s energies and emotions. -Tricks for remembering that you’re not responsible for other people’s emotions so you can avoid people-pleasing, rescuing, and codependency. -And tips for honoring your personal gifts and skills, like exercises to connect to the deeper meaning and purpose of your empath nature. With Self-Care for Empaths, you’ll learn how easy it can be to incorporate self-care techniques into your daily routine to stay relaxed, refreshed, and enjoy the magic of your empath abilities.*

*Reveal Your True Self with the Healing and Transformative Power of Reiki Embark on a journey deep into the mysteries of Reiki, where you’ll create a potent elixir of healing that will unite you with your true self. This book invites you onto the path of self-transformation, helping re-instill your trust in the unshakeable reality that you’re already whole. Living Reiki provides tools and practices designed to shed the filters and obstructions created by your ego. The more you release these obstructions, the more you can see who you really are and what you came into this life to do. Discover the teachings of Reiki through meditation, ritual, and other powerful techniques. Explore exercises that push your limits and expand your view of what is possible. Using fearless self-inquiry and personal transformation, you’ll unravel the secret ways of the healer within. Praise: “This fresh, potent approach to Reiki is unlike any other ... Follow Melissa’s wisdom to create a life imbued with soul-on-fire passion and purpose.”—Cyndi Dale, author of Raise Clairaudient Energy “Melissa Tipton is a genius. Living Reiki is not only life changing, it’s also engaging, accessible, and a joy to read. And it’s not just for Reiki practitioners! It’s illuminating reading for absolutely everyone who is interested in energy, manifestation, complementary medicine, or personal power. I wholeheartedly recommend it.”—Tess Whitehurst, author of The Good Energy Book*

*Understanding Reiki: From Self-Care to Energy Medicine provides information that answers long-standing questions, fills in the blanks where information is lacking, and lends correction where misinformation is accepted as part of the understanding and practice of Reiki today. It provides insights that are easy to understand and explain to others, once Reiki is returned to, and spoken about in the context of Energy Medicine. From this vantage point, the discussion expands, a deeper understanding of what affects human healing emerges, and the role Reiki plays in human health and self-care becomes clear. This comprehensive guide is of value to all humans, whether interested in alternative healthcare or not, because Reiki and Energy Medicine are not “alternative” practices. They are, in simple terms, what is missing in self-care today. This book is an enjoyable read that will engage and surprise the reader as it brings forward lost information that is essential in understanding human health.*

*A practical guide to connecting with your ancestors for personal, family, and cultural healing •Provides exercises and rituals to help you initiate contact with your ancestors, find ancestral guides, and assist the dead who are not yet at peace •Explains how to safely engage in lineage repair work by connecting with your more ancient ancestors before relating with the recently deceased •Explores how your ancestors can help you transform intergenerational legacies of pain and abuse and reclaim the positive spirit of the family Everyone has loving and wise ancestors they can learn to invoke for support and healing. Coming into relationship with your ancestors empowers you to transform negative family patterns into blessings and encourages good health, self-esteem, clarity of purpose, and better relationships with your living relatives. Offering a practical guide to understanding and navigating relationships with the spirits of those who have passed, Daniel Foor, Ph.D., details how to relate safely and effectively with your ancestors for personal, family, and cultural healing. He provides exercises and rituals, grounded in ancient wisdom traditions, to help you initiate contact with your ancestors, find supportive ancestral guides, cultivate forgiveness and gratitude, harmonize your bloodlines, and assist the dead who are not yet at peace. He explains how to safely engage in lineage repair work by connecting with your more ancient ancestors before relating with the recently deceased. He shows how, by working with spiritually vibrant ancestors, individuals and families can understand and transform intergenerational patterns of pain and abuse and reclaim the full blessings and gifts of their bloodlines. Ancestral repair work can also catalyze healing breakthroughs among living family members and help children and future generations to live free from ancestral burdens. The author provides detailed instructions for ways to honor the ancestors of a place, address dream visits from the dead, and work with ancestor shrines and altars. The author offers guidance on preparing for death, funeral rites, handling the body after death, and joining the ancestors. He also explains how ancestor work can help us to transform problems such as racism, sexism, homophobia, and religious persecution. By learning the fundamentals of ancestor reverence and ritual, you will discover how to draw on the wisdom of supportive ancestral guides, heal family troubles, maintain connections with beloved family after their death, and better understand the complex and interconnected relationship between the living and the dead.*

*Enrich your Reiki practice by connecting with the healing spirit of plants and the natural world •Explores a new way of channeling Reiki energy for both personal healing and professional practice by intuitively connecting with plants and the natural world •Provides simple exercises, meditations, and Reiki practices to help the reader intuitively work in partnership with plants as part of their Reiki practice •Emphasizes healing exchange with plants and the self-practice of Reiki in partnership with the spirit of plants to heal our essential nature •Explains how to raise the vibration of your community and the world by connecting with green spaces, nature beings, and habitats under threat In this practical workbook, Fay Johnstone demonstrates how energy healers and Reiki practitioners can partner with plant spirit allies and the forces of nature for powerful healing for themselves, others, and our planet. She explains how to include plants and nature in your Reiki practice, both the spiritual/etheric components of plants and the physical plants themselves. She offers many practical exercises, techniques, and meditations as well as case studies and personal experiences to show how best to harness the power of plants on all levels, along with other energy flows, to support the healing process in much the same way that crystals are used as energetic healing aids. She explains how plants connect with the Reiki principles and explores plant spirit allies, chakra work, and healing with the elements of nature. She details how to enhance self-healing and Reiki treatments for others through “bringing the outside in,” creating a healing space, use of plant preparations, and other sacred forms of plant medicine. Fay also explores how to support the healing of plants and nature itself through your Reiki/healing practice. She provides guidance on how to raise the vibration of your home and community, how to impact nature positively with regard to climate change, and how to send distance healing to the Earth, nature beings, and endangered habitats across the world. She inspires you to reach out to the vital force that flows through the natural world and open your intuition to discover guidance and support from nature. By deepening our conscious cooperation and partnership with nature and the plant kingdom, in a sacred healing way, we come to recognize that in healing ourselves, we are also healing our Earth.*

*What is Reiki? How has this Japanese healing tradition evolved over the years? How are modern magick practitioners using Reiki energy in their spells and rituals? Christopher Penczak answers these questions and more in his groundbreaking examination of Reiki from a magickal perspective. The history, mythos, variations, and three degrees of Reiki are discussed in depth. Penczak also suggests way to integrate Reiki and magickal practice, such as using Reiki energy for psychic development and with candle magick, crystals, herbs, charms, and talismans. 2005 Coalition of Visionary Resources (COVR) Winner for Best Alternative Health Book!*

*Cosmic Crystals shows you how to work with the phases and signs of the moon to energize and amplify the power of your crystals. Living in sync with the rhythm of the lunar cycle is a powerful way to stay aligned to universal energy. Crystals and moon magic have been used together to this aim for centuries. Crystals are natural amplifiers of energy that can be used to enhance your connection to the moon and its healing energy. Learn crystal meditations and rituals for each moon phase, as well as which crystals are most potent during New Moons, Full Moons, and other lunar events. Cosmic Crystals shows you how to combine the power of lunar energy and healing crystals to create sacred space, set intentions, and manifest magic and abundance in your life. For each moon, find information on how to work with its corresponding crystals and energetic qualities, along with lists of its associated herbs, colors, essential oils, animals, and deities. Written by leading crystal expert Ashley Leavy and including lavish photography, this beautiful book will have a place on every crystal enthusiast’s book shelf.*

*Discover simple techniques for incorporating the wisdom of tarot into your daily self-care routine with this approachable guide Self-care is an important daily ritual to everyone’s lifestyle. But it is about more than simply pampering yourself in a bubble bath or getting a manicure. It’s about connecting and understanding your true self. That’s where the magic of tarot comes in—it puts you in touch with your hidden fears and secret hopes, weaknesses and strengths. These revealing cards do more than simply predict the future. They offer essential, insightful messages from your subconscious, showing a new perspective on how to achieve personal growth. Tarot for Self-Care uncovers how to make the most out of your daily tarot practice with mindful readings, pre-reading rituals, daily one-card check-ins, practices to explore your intuition, and more. You can think problems over by laying out a spread, ask the cards yes or no questions, or explore your intuitive skills. It will definitely be worth adding these techniques to your tarot self-care toolbox.*

[\*Raise Your Vibes!\*](#)

[\*A Modern Guide to Ancient Self-Care\*](#)

[\*Burning Bright\*](#)

[\*Chakras & Self-Care\*](#)

[\*Recipes & Rituals for Radical Self Care\*](#)

[\*The Book of Self-Care\*](#)

[\*Focused Energy for Healing, Ritual, & Spiritual Development\*](#)

[\*Super Attractor\*](#)

[\*Energy Healing with the Elements of Nature\*](#)

[\*36 Sustainable Rituals for Nourishing Your Mind, Body, and Intuition\*](#)

[\*A Daily Guide to Natural Beauty and Health\*](#)

[\*The Yoga Almanac\*](#)

[\*Rituals, Reiki, and Self-Care to Heal Burnout, Anxiety, and Stress\*](#)

[\*How to Read the Akashic Records\*](#)

[\*Harness the power of essential oils to relax, restore, and revitalize\*](#)

*What can you do each morning to relax, restore, and revitalize your vibration and jumpstart your bliss? Spoiler alert: The answer isn’t coffee. If you want to feel more grounded, energized, and connected to your goals, you should try what famous and highly successful people—from Benjamin Franklin and Jane Austen to Steve Jobs and Oprah Winfrey—have been doing throughout history: adopt a morning ritual, and stick to it! But where do you start? In Good Morning Intentions, two yoga and meditation teachers and entrepreneurs reveal 25 rituals to help you make each morning really matter, setting you up for daily success. In this easy-to-use and accessible guide, you’ll find a powerful blend of energy-boosting exercises, breathwork, simple meditations, and intention-setting practices—rather than complex yoga postures—to help you start your day with a deep sense of joy, vitality, and radiance. If you’re ready to align your life with a higher purpose, increase your motivation, and reach your highest goals, make this book a part of your daily ritual. Coffee is optional.*

*A beginning guide to using centers of energy called chakras.*

*From two of mindbodygreen’s top editors comes an essential companion for anyone seeking a deeper spiritual life. Taking time to nourish yourself and connect to the rhythms of the Earth can feel like a tall order when your days are packed to the brim but this beautifully illustrated handbook can make it a whole lot easier. The Spirt Almanac provides readers with potent, accessible rituals they will want to call on again and again throughout the year to feel more grounded, aligned with their purpose, and in touch with their own innate sense of knowing. Readers will be invited to practice and personalize dozens of routines incorporating science-backed techniques like breathwork, meditation, and aromatherapy, as well as more esoteric offerings like astrology, crystals, and tarot. Along the way, they will learn the fascinating history of ritual and trace these ancient spiritual practices through the ages to modern day applications from several true masters—from reiki healers to psychologists to sound therapists—who live and breathe this work. Divided by the four seasons, this book features dozens of ideas for spirit and soul enriching rituals including: · Honor the quiet of winter and the start of the year by setting new intentions with a seed planting ritual · Come spring, try a breathwork ritual to release blocks and move forward · Celebrate summer with a forest bathing ritual to clear your mind or a crystal ritual for an open, receptive heart · Wind down in fall with a self-soothing full moon ceremony to reflect on the year The Spirit Almanac will infuse your life with more joy, gratitude, and a deeper connection to yourself and our Mother Earth.*

*Embrace the timeless teachings of the chakra system for peace of mind, better physical health, and a sense of alignment, fulfillment, and purpose. The key to optimal health and well-being is within us, in powerful energy centers called chakras. Ancient cultures understood the sacred healing power of chakras and that self-care aligned with nature. In Chakras & Self-Care, you’ll engage in a series of meditative exercises that activate and balance each of your seven main chakras. Reiki master and wellness expert Ambi Kavanagh also offers daily and seasonal rituals to show us that true prevention not only comes from the ways we care for our bodies, but the ways we spend our energy. Chakras & Self-Care features: • Affirmation, visualization, and activation exercises to align and balance each chakra for improved energetic flow • A comprehensive guide to the seven main chakras plus astrological and elemental correspondences and goddess archetypes • Essential oil blend recipes and sacred stones to open and support each chakra • Daily rituals to recharge and restore your mental, emotional, physical, and spiritual health • Seasonal energy rituals to reconnect with nature’s rhythms and lunar cycles HOW TO USE THIS BOOK You will need 30 seconds. That’s all. Start at the beginning, or turn to a random page. Every page has a title, a benefit, and simple directions. Read and complete the task on the page. If you know that you are in the mood for a creative, confidence-boosting, stress-releasing, or peace-promoting task, use the Index at the back of the book to choose the one that fits your interest. Notice the positive changes you go through because you took that 30 second break. Many of these tasks can also be shared with your students, allowing them to benefit too. The changes you’ll experience will last for far more than 30 seconds. You’ll find yourself gaining more presence, patience, confidence and becoming much happier if you do this regularly. The energy in your classroom will positively change, and your students are sure to notice too. Using this book could become a wonderful little daily ritual. By the way, the writing tasks have a blank page beside them for jotting your notes. This means that all you need for those is a pen. If there isn’t a pen nearby, use a pencil. Even a broken crayon will work. You probably have plenty in your classroom. It’s ok to write in the book. Later, when you read what you wrote, it will become part of your reflective process, displaying how you’ve grown.*

*In this gorgeous, full-color illustrated guide, “fashion’s favorite healer” (Vogue) teaches you how to use baths to relieve stress and depression and soothe common aches and pains. Ritual Baths shows you how to use common crystals, herbs, and flowers in your bathtub to achieve inner peace and spiritual wellness. A blend of ancient traditions and contemporary self-care methods, this indispensable handbook, packed with more than 250 color photographs, provides helpful advice and sixty bath recipes, organized by aura color, including: Awareness Wolf Bath Empath Bath Hope Bath I am Nature Bath Be My Own Healer Bath Love of My Life Bath Ally Bath Healthy Boundaries Bath Warrior Bath Find My Purpose Bath My Gut Bath Confidence Bath Deborah Hanekamp leaves no crystal unturned and no restorative plant unused. She teaches you about auras, touches on phases of the moon, explains crystal and herbal magic, and provides an encyclopedia of ingredients that addresses each element’s healing properties. We all want to achieve wellness and live our best lives. Ideal for anyone interested in natural healing and alternative medicine, as well as everyone looking to integrate beautiful and accessible self-care practices into their daily routine, Ritual Baths shows you how to create your own medicine and transform your bathroom into a unique healing space.*

*Here is your guide to creating rituals that not only nurture your mind and body but also nourish your intuition and your inner divinity with witchcraft, spellwork, the phases of the moon, and more. You’ll build a spiritual self-care practice that is supportive and sustainable. Cottage witch Tenae Stewart guides readers through finding the forms of self-care that really resonate with them and discovering what kinds of nourishment are essential to fulfill everyone’s unique needs. Learn how to create a self-care practice that honors the needs of your mind, body, and spirit as well as come to understand your unique self-care style through astrology! In The Modern Witch’s Guide, you’ll find nearly three dozen rituals to try, from a bewitching bubble bath to soothe the soul to an activism ritual to hex the patriarchy and more, including instructions on how to: Create your own rituals from scratch (no experience necessary!) Develop morning and evening rituals to start and end the day with self-care Learn how to adapt your rituals so they can sustain you through any of life’s challenges and interruptions, like illness, vacation, or changes in schedules and the seasons Packed with practical tools and step-by-step guides that are easily adapted to your own practice, The Modern Witch’s Guide is the perfect introduction to self-care witchcraft and astrology.*

*Magic meets self-care in a feel-good guide that’s both practical and mystical, exploring the different ways we can honour our body, mind and spirit to create personal wellness. Join well-being and nutrition expert Leah Vandervelt in a wellness practice that integrates centuries-old traditions and concepts into everyday modern living. With herbal infusions for calming and mood boosting, tarot cards to tune into intuition, moon rituals for setting aligned intentions and breath work for releasing stuck energy, Leah weaves together spirituality, high vibe meals, astrology, meditation, movement and more. Inspiring photographs accompany Leah’s selection of magical tools as she shares her experience with them, including the benefits, and a few simple actions, rituals and recipes to do on your own. Setting up supportive routines is key for feeling good every day. This is wellness for the witchy - people craving a more playful, receptive and healthy approach for tangible transformation. Celebrate the power to make your life more amazing. It’s where the magic’s at!*

[\*A Moment for Teachers\*](#)

[\*Treasure Yourself\*](#)

[\*The Happy Empath's Little Book of Affirmations\*](#)

[\*Rituals and Meditations for Connecting With Lunar Energy\*](#)

[\*Holistic Healing Rituals for Every Day and Season\*](#)

[\*52 Bathing Rituals to Revitalize Your Spirit\*](#)

[\*Ritual Baths\*](#)

[\*The Spirit Almanac\*](#)

[\*Yang Sheng\*](#)

[\*100 Activities to Help You Relax, Recharge, and Rebalance Your Life\*](#)

[\*Aromatherapy\*](#)

[\*Chakra Healing\*](#)

[\*Power Thoughts for My Generation\*](#)

[\*CHAKRA HEALING\*](#)

[\*Plant Spirit Reiki\*](#)

*Use breathwork to transform every area of your life. New science has revealed the effectiveness of breathwork to balance the body, relieve stress, control anxiety, boost self-esteem, and more. In a beautifully illustrated package, Breathwork gives you 50 step-by-step practices that you can use at home, each with expert advice on body position, depth of breath, speed of breath, visualization, duration, and repetition. Techniques include conscious connected breathing, pranayama, and qigong breathwork. With internationally renowned author and teacher Nathalia Westmacott-Brown, you’ll learn how to breathe mindfully and with control, using different breath practices for targeted outcomes - from overcoming insomnia to releasing anger or relieving depression. Breathing with purpose can help you to heal - and become the healthiest and happiest you can be.*

*Unlock the power of personality types using the wisdom of the enneagram so you can strengthen your personal, professional, and romantic relationships today! The enneagram is an effective personality classification system that describes the characteristics, behaviors, and core values of nine different personality types—enneatypes—each identified by a number. The Enneagram & You helps you identify your*

*personality type so you can discover how to best interact with your family, friends, coworkers, and love interests. You'll also learn about each type pairing—from Type 1 with Type 1 to a Type 9 with Type 9 and every combination in between—as well as the harmonies and challenges each pairing faces and advice on how to effectively communicate and better understand what each personality type needs to feel fully engaged, known, and valued. Armed with this knowledge, you'll begin to anticipate your reactions and responses to the various people in your life. And you'll also be able to better comprehend their reactions and responses to you. By understanding your own strengths and recognizing areas for growth, you can improve your relationships in ways that might have previously seemed impossible. Applying the wisdom of the enneagram-based personality types can lead to better connections and a deeper understanding of yourself and those around you!*

*Real wellness isn't just the absence of injury or illness. Janssen shares a consciousness- and compassion- based system for navigating wholeness in mind, body, and soul. This whole-body approach is the start of a vital, fulfilled life.*

*Reap the health benefits of Ayurveda and optimize your seasonal routines with powerful, personalized self-care rituals to achieve sustainable weight loss, increased focus, and improved mental health. According to the ancient texts of Ayurveda. “All diseases begin at the junctions of the seasons.” When we push against the essence of each season—going to bed late in the winter, eating sweet, heavy foods in the spring, or neglecting our skincare in the summer—we fall out of sync with nature and optimal health. Drawing on more than a decade of experience, Chopra-certified teacher Susan Weis-Bohlen guides you through simple yet profoundly effective shifts to take a more holistic approach to your health, in line with traditional wisdom but adapted to modern lifestyles. In this book you will find: -An Introduction to Ayurvedic practices, including meditation, breath work, chakras, mantras, yoga, and aromatherapy and essential oils -A dosha quiz to assess your mind-body constitution -A practical guide to the seasons explaining their relationship to each dosha -Personalized Guidance to build a daily routine for each season -Food as medicine recipes like Golden Milk for Sleep and Good Digestion and Spring Detox Soup An essential guide to year-round health, Seasonal Self-Care Rituals will lead you through healing rituals and natural remedies to support your ideal body weight, increased focus and mental clarity, a healthier gut and microbiome, improved stamina, better sleep, and emotional wellness.*

*Are you ready to take your spiritual practice to the next level and manifest love and joy like you've never experienced before? When we connect to the non-physical presence beyond our visible sight, true miracles happen. Super Attractor is a manifesto for making that connection and marrying your spiritual life with your day-to-day experience. In these pages, you'll learn to: - shift from occasional practising to living a spiritual life every day - create a life filled with purpose, happiness and freedom - release the past and live without fear of the future - tap into the infinite source of abundance, joy and wellbeing that is your birthright - bring more light to your own life and the world around you Super Attractor teaches us how to co-create the life we want, that attracting is fun and that we don't have to work as hard to get what we want. Most importantly, it shows us that when we connect to our intuitive powers, we become a force of love in the world.*

*Use essential oils with confidence and make aromatherapy an indispensable part of your self-care routine. Science now supports what practitioners have long known: that oils derived from plants have powerful therapeutic properties, working holistically on mind, body, and spirit. This carefully curated collection of blends, remedies, and practices shows you how to blend essential oils to care for and heal yourself, follow step-by-step massage routines, and combine aromatherapy with yoga, meditation, and breathwork to deliver maximum benefit to you. This is your essential aromatherapy toolkii for wellness in the modern world.*

*For thousands of years, mystics, masters, and sages from various world traditions have read the Akashic Records-a dynamic repository that holds information about every soul and its journey. Once reserved for a "spiritually gifted" few, this infinite source of wisdom and healing energy is now available for readers everywhere to answer questions big and small. How can I find freedom from my past? What are my life purposes? With How to Read the Akashic Records, healer and teacher Linda Howe offers the first book of its kind to help navigate these timeless "Records of the Soul." Drawing from more than 15 years' experience with the Akashic Records, Howe teaches us: The Pathway Prayer Process-a "password" for admittance into the Records How to work with your "MTLOs"-your Masters, Teachers, and Loved Ones-for assistance within the Records In insightful tips to glean the most critical information, whether you're reading for yourself, other individuals, or even your pet "The time has come for us to be our own spiritual authorities and access this illuminating, rich source directly," explains Howe. With How to Read the Akashic Records, anyone who desires to read the Records now has immediate access to this valuable life resource. "The Akashic Records contain everything that every soul has ever thought, said, and done over the course of its existence—as well as all its future possibilities. This valuable information can help you with any aspect of your life journey. And because the Records are also a dimension of consciousness, they are available anytime and everywhere."? —Linda Howe The universe is alive—and it has a memory just like you. Known as the Akashic Records, this energetic archive of soul information stands ready to lovingly guide you. Once accessible to rare spiritual masters, now the Records are available to anyone—anytime, anywhere. After a lifelong search for truth, master teacher and healer Linda Howe has developed an infallible method for accessing this reservoir of information: the Pathway Prayer Process. By lifting you to a divine level of consciousness, this sacred prayer opens the doors of the Records, where your "soul blueprint"—everything you need to know about your soul's destiny—awaits you. There you will work with your Masters, Teachers, and Loved Ones to cultivate a rich relationship with the Records and ultimately learn to unleash your highest potential. Grounded with the success stories of dozens whose lives have been touched by the Records, this comprehensive guidebook will help you confidently read the Records for yourself—or another—and find inspiration for your own spiritual path. "Accessing the Akashic Records provides an opportunity to align with your soul and develop your own spiritual authority," teaches Linda Howe. Now with How to Read the Akashic Records you can learn to connect with this divine source for infinite joy, inner peace, and fulfillment. Linda Howe is the founder and director of The Center for Akashic Studies, an organization dedicated to promoting the study of Akashic Records and other applicable spiritual wisdom. Active in healing arts for more than 20 years, Linda was moved and inspired by the power of the Records within herself and her clients. She began teaching this practice to students in 1996 and, today, she has successfully taught thousands of students to accurately read the Akashic Records.*

*Balance mind, body, and spirit with your own essential Ayurvedic self-care toolkit. New science has revealed the effectiveness of Ayurveda as a 360-degree approach to physical and mental wellness, tailored to the individual. This ebook directly delivers practical Ayurvedic advice according to your specific needs - as though you were having an Ayurvedic consultation. Sonja Shah-Williams has curated a collection of tried and tested Ayurvedic practices and remedies including foods, oils, yoga, and meditation, that you can apply to your need or situation - to aid sleep, increase energy, boost immunity, relieve digestive problems, improve relationships, and much more.*

[\*\*\*6 Weeks to Restored Energy, Complete Detoxification, and Total Wellness\*\*\*](#)

[\*\*\*Seasonal Self-Care Rituals\*\*\*](#)

[\*\*\*Magick of Reiki\*\*\*](#)

[\*\*\*Breathwork\*\*\*](#)

[\*\*\*Magical Self-Care for Everyday Life\*\*\*](#)

[\*\*\*A Beginner's Guide to Self-Healing Techniques that Balance the Chakras\*\*\*](#)

[\*\*\*Living Reiki\*\*\*](#)

[\*\*\*52 Practices and Rituals to Stay Grounded Through the Astrological Seasons\*\*\*](#)

[\*\*\*Understand Your Personality Type and How It Can Transform Your Relationships\*\*\*](#)

[\*\*\*An ancient system of holistic health to bring balance and wellness to your life\*\*\*](#)

[\*\*\*The Art of Chinese Self-Healing\*\*\*](#)

[\*\*\*Use The Power Of Breath To Energise Your Body And Focus Your Mind\*\*\*](#)

[\*\*\*Understanding Reiki: From Self Care to Energy Medicine\*\*\*](#)

[\*\*\*Self-care Rituals, Mystic Guidance and Magic Spells to Harness Your Power\*\*\*](#)

[\*\*\*Methods for Manifesting a Life Beyond Your Wildest Dreams\*\*\*](#)

*\*\*55% OFF for Bookstores!! LAST DAYS\*\*\* Whiting all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration, and Chakra Healing can show you how to harness that power with a wide range of simple, beginner-friendly exercises that anyone can do. This book will put you on the path to healing pain, allergies, indigestion, headaches, fatigue, and even emotional turbulence like loneliness. With practical instruction and guidance, you'll learn how to identify what's ailing you and which chakra is causing it. Chakra Healing features: A variety of techniques—Connect with your chakras using everything from meditation to crystals, essential oils, yoga, focused breathing, and even diet. Helpful illustrations—Detailed photos and drawings make the tools and exercises even easier to understand. Beginner-friendly approach—Find accessible, bite-size advice that requires no previous knowledge. Discover the power of balancing your chakras to help you heal and feel your best.*

*Reclaim your energy, transcend burnout, beat anxiety, and step into your own power with inspiration, energy techniques, and simple rituals from a Reiki healer to the stars. Whether it's burnout, anxiety, fear, or grief, everybody knows what it's like to feel overwhelmed. From college students to young professionals to parents, people feel paralyzed but rushed, inert but frantic, and out of touch with their own potential. No matter how much they do, they still feel like underachievers. As a spiritual coach, Reiki master, and wellness expert, Kelsey Patel has helped thousands struggling with burnout and anxiety. She has developed a reputation as Hollywood's go-to energy healer, and now she wants to share the knowledge, tips, and techniques that have worked so well for her and her clients. Burning Bright dives deep into the nature of anxiety, the root of unhappiness, the cause of systemic burnout, and the origin of chronic pain, guiding readers through a re-examination of their thought processes and solution-based practical techniques to overcome these cycles of negativity and stress, including- . Practicing Reiki on yourself, without a master . Interrupting anxiety cycles with tapping, breathwork, and journaling . Simple rituals that can bring you peace in any situation . Using simple and powerful practices and resources to ground yourself and get back into your physical body in a healthy way Kelsey shows readers how to transform pain, anxiety, and overwhelm into calm, expansive abundance, pure joy, directed purpose, and a deep connection to their authentic selves.*

*Ancient self-care for modern life Feeling burned-out, unmotivated, or stuck? The Ayurvedic Self-Care Handbook is here to help. This authoritative guide to ancient healing offers more than 100 daily and seasonal Ayurvedic rituals—each taking 10 minutes or less—to reconnect you with nature's rhythms, and to unlock better health, as you: Boost and stabilize your energy with yogic breathing Overcome transitions with grounding meditations Undo physical and emotional stress with personalized yoga postures Prevent and treat disease with nourishing tonics and teas Pause and reflect with daily and weekly journaling prompts. Get back in sync with nature—and rediscover your potential to feel good.*

*Protect yourself against negative energy, soothe anxious thoughts, and empower your inner empath with this book of thoughtful quotes, positive sayings, and inspiring affirmations. Taking on the emotions of others in addition to your own can be a challenge. Surviving and thriving as an empath requires reflection, meditation, and daily self-care. With The Happy Empath's Little Book of Affirmations, now you can take a little piece of positivity with you wherever you go. Written by a fellow empath and intuitive healer, author Stephanie Jameson offers short, simple mantras you can use in any situation to reset and refocus your mindset, including messages like: - It all starts with my heart. - My intuition is for trusting, not rationalizing. - I am strong, I am capable, I am worthy. - I have always felt different, because I am. - I honor my blueprint within. Make every day as an empath a positive, inspiring experience!*

*Collects empowering affirmations that inspire the supermodel while conveying her thoughts on such topics as confidence, self-love, passion, beauty, health, jealousy, relationships, and optimism.*

*"An ultimate guide to creating personal rituals and practices that can imbue readers' lives with a potent sense of magical transformation. This book features hundreds of ideas for using ritual, meditation, crystals, tarot, aromatherapy, astrology and other spiritual practices to promote self-care and well-being"--*

*You have a choice. There is a path out of pain, anxiety, burnout, and the feeling of complete overwhelm. This book is your invitation to choose that path. "Patel shares how to tap into subtle energy shifts through simple yet powerful practices that you can do on yourself."—Goop When Kelsey Patel was struck by searing back pain in her twenties while working on Capitol Hill, she had no idea that repressed emotions could manifest as debilitating anxiety and physical pain. What healed her was empowering herself to choose how she lived her life. In Burning Bright, her first book, Kelsey shares the self-care techniques that helped get her body, health, and emotions back into alignment: Reiki, emotional freedom technique, meditation, yoga, and more. Now a spiritual coach, Reiki master, and wellness expert, Kelsey has helped thousands struggling with burnout and anxiety. This book is filled with stories, hard-won wisdom, profound empathy, and the secrets to reexamining thoughts and breaking negative patterns. You will learn how to: • practice Reiki on yourself, without a master; • interrupt anxiety cycles with tapping, breathwork, and journaling; • perform simple rituals that can boring you peace in any situation; • ground yourself and get back into your physical body; • release emotional and physical blocks so that your energy can flow freely; • establish a solid foundation of self-worth and self-care. As you use these techniques to align with your priorities, you'll watch your authentic life unfold—a life of harmony, fulfillment, purpose, and joy. Burnout makes you feel like there is always more, more, more to do, but the truth is, you are enough right now without any more doing. Learn how to feel this truth because it's time for you to start burning bright.*

*The concept of self-care is, in fact, thousands of years old. This buzzword is rooted in a 2,500-year old Chinese philosophy. 'Yang sheng' means to nourish life – fostering your own health and wellbeing by nurturing body, mind and spirit. In this book, Katie Brindle teaches readers how to harness this powerful natural healing system to improve every aspect of their life. Yang Sheng fits and works brilliantly in modern life. Some of the techniques may seem unusual, but they are all simple, quick and effective. Even more appealing, a key principle of Chinese medicine is balance; that means not being perfect or excluding foods or having too many rules or pushing yourself to exhaustion with overwork or over-exercise. And so, Yang Sheng encourages you to have the green juice and the glass of wine, a full-on day at work and a night out dancing. For people who are overtired and overtaxed, stressed, lacking a sex drive, or who feel anxious or hopeless, the practice of Yang sheng restores balance. Our bodies are designed to self-heal – Yang Sheng knows the mechanics of how to activate this.*

[\*\*\*Good Morning Intentions\*\*\*](#)

[\*\*\*Ancestral Medicine\*\*\*](#)

[\*\*\*How to Use Tarot to Manifest Your Best Self\*\*\*](#)

[\*\*\*The Modern Witch's Guide to Happiness\*\*\*](#)

[\*\*\*Ayurveda\*\*\*](#)

[\*\*\*Self-Care for Busy Teachers - 101 Free Ways for Teachers to Become More Inspired, Peaceful, and Confident in 30 Seconds\*\*\*](#)

[\*\*\*Aveda Rituals\*\*\*](#)

[\*\*\*Self-Care for Empaths\*\*\*](#)

[\*\*\*The Book of Sacred Baths\*\*\*](#)

[\*\*\*Accessing the Archive of the Soul and Its Journey\*\*\*](#)

[\*\*\*Harmonic Healing\*\*\*](#)

[\*\*\*Rituals for Personal and Family Healing\*\*\*](#)

[\*\*\*The Modern Witch's Guide to Magickal Self-Care\*\*\*](#)

[\*\*\*The Ayurvedic Self-Care Handbook\*\*\*](#)

[\*\*\*Be Your Own Healer\*\*\*](#)

*52 weeks of yoga practice, wisdom, and ritual to help you slow down, restore balance, and nourish mind, body, and spirit. Sequenced by the astrological calendar, The Yoga Almanac is a practical guide to help you reintegrate with recurring cosmic rhythms, and invite the sacred into your life through learning, movement, breath, and ritual. Featuring 52 seasonally-themed chapters, the Almanac is a comprehensive jumping off point to deepen your relationship to yoga—and to yourself. Each chapter includes a seasonal theme with an overview of yogic theory, as well as an illustrated asana to begin the physical exploration of your practice. You'll also find weekly rituals to integrate these teachings into your daily life, and a short dharma talk as reference and nod to tradition. Finally, this unique, holistic handbook will help you develop a transformational practice that flows with the cycles of the astrological year—beginning with spring and culminating in winter. Whether you're looking for weekly inspiration, a crash course in yogic theory, or a blueprint for developing your own yoga routine, The Yoga Almanac provides a foundation for reconnecting with the deepest parts of yourself and discovering your authentic place in the world.*

*A fun and super-practical guide to getting healthier and happier by tapping into the incredible power of energy healing. The author is a qualified Reiki Master with a mission to make the healing power of Reiki, and energy healing in general, accessible to all. Fun and easy to use, this book enables everyone to take advantage of the healing and empowering energies gifted to us by the Universe, and to take their wellbeing into their own hands. Reiki Master Athena Bahri has developed an approach to energy self-healing that combines simple Reiki techniques that anyone can use with a range of different healing modalities, from crystals to lunar rituals. The book is aimed at all those people who are looking for ways of improving their lives that aren't too complicated and can be done without spending time and money on expensive courses. It includes a straightforward process of Reiki self-attunement that will enable readers to access the simple Reiki healing powers and combine these with the other techniques described. The emphasis is on empowering readers to use these tools to create a vibration-raising practice of their own, that they can then use in a range of different situations, from dealing with physical pain to ridding themselves of stress and lingering emotional upset to improving the vibes of their surroundings at work and at home.*

*"Sacred bathing brings the ancient tradition of meditation and prayer into the modern day ritual practice of a home bath, so that you can connect to Spirit daily and purify your energy."—Dr. Larry Dossey, author of One Mind and The Science of Premonitions Immerse Yourself in Healing Waters for Relaxation, Clarity, and Wholeness Gain inspiration and rejuvenation through the sacred act of bathing. With fifty-two bath recipes, one for every week of the year, The Book of Sacred Baths shows you how to use this relaxing practice to improve your love life, succeed in your career, strengthen your health, and transform your spirit. Each recipe is tailored to a specific emotional or spiritual need, from stress relief to divine assistance to self-connection for overall well-being. Using essential oils, candles, and color therapy along with visualization and ritual practice, you'll raise your vibration and release negative energy down the drain. Praise: "Fans of Sherman are in for an impressive treat with her collection of 52 fun and sacred baths to improve every aspect of your physical and spiritual life."—Publishers Weekly "A sacred bathing of the body ultimately becomes a sacred bathing of the mind, spirit, and soul, which unearths a mindfulness of self-nourishment that we might then gift as kindness to others as we go about our day."—Cathie Borrie, author of The Long Hello "I highly recommend this beautiful book of spiritual bathing for inner joy and healing."—Raven Keyes, author of The Healing Power of Reiki and The Healing Light of Angels*

*Daily activities demonstrate Aveda philosophies of life, nutrition, and meditation, leaving room for participants to add their own healthy habits to their daily rituals*

*Beauty is Wellness. Wellness is Beauty. Kerrilynn Pamer and Cindy DiPrima Morisse, founders of CAP Beauty, the all-natural beauty site and store, want to share their deep knowledge of the benefits of natural beauty, foods, and mindfulness techniques with you. Natural beauty is about making choices that create true radiance from the foods we eat to the way we move to how we care for ourselves and our planet. You've already purified your meals, workouts, and bodies by returning to clean naturals. Now it's time to align your beauty routine with the other wellness practices you follow. What we put on our skin is easily as important as what we put in our mouths. But natural beauty is about much more than just products. Through routines, recipes, and rituals, High Vibrational Beauty addresses beauty from the inside out and vibrancy from the outside in. Divided into seasons and focused on self-care and rejuvenation, High Vibrational Beauty combines mantras, meditations, natural skin care regimens, and more than 100 plant-based recipes to help you achieve radical radiance. This is the only guidebook you need to create true and lasting beauty for the mind, body, and soul.*

*We live in an age of unprecedented flourishing of technology in medicine. So why are we experiencing such epidemic levels of pain, disease, emotional and mental stress, and just plain old poor health--and often at such uncommonly young ages? Searching to answer these questions, we turn to every possible medical specialty and lifestyle cause, looking for clues. After guiding thousands of patients on their journeys back to health, Dr. Linda Lancaster has discovered that it is the interplay of invisible forces such as chemicals, heavy metals, radiation, and opportunistic parasites--the "Five Culprits"--worms, fungus, bacteria, micro-parasites, and viruses, that are the cause of many of the health struggles we experience today.*

This fundamental dynamic is the origin of most of the symptoms she has seen, including chronic exhaustion, digestive distress, painful joints, infertility, eczema, and mysterious conditions like Lyme Syndrome. If you have experienced any of these symptoms, you know how the physical experience affects your emotional wellbeing. But it doesn't have to be that way. You can begin to take your life back with Harmonic Healing. In this six-week foundational program, you will learn how to cleanse your liver, neutralize environmental pollution, revitalize your energy and return to a balanced state of health, using solely nontoxic, inexpensive, and natural protocols. With nourishing recipes, therapeutic baths, and gentle homeopathic and household remedies, Harmonic Healing helps clear the path for your journey back to health and well-being.

"It's time to give your inner witch a voice. Unlock the magic of modern witchcraft and infuse your every day with happiness. This is your essential spiritual guide to happiness. Including everything you need to know to become a modern witch, from working with tarot cards and healing crystals, to taking direction from the stars, this book will teach you how to harness the power of the natural world, dispel toxic energy and develop your own psychic ability to find happiness. Illustrated throughout and containing simple yet effective practical tips and tricks, self-care rituals and cleansing spells for the everyday, this treasure chest of a book will empower you to live your life to the fullest"--

[Activate the Healing Power of Chakras with Everyday Rituals](#)

[Cosmic Crystals](#)

[Remedies for Healing Mind, Body, and Soul](#)

[The Enneagram & You](#)

[Create your own personal wellness rituals using the Tarot, space-clearing, breath work, high-vibe recipes, and more](#)

[High Vibrational Beauty](#)

[Eat, Breathe, Move, and Sleep Better—According to Your Dosha](#)

[Mindful Mantras for Daily Self-Care](#)

[Heal Yourself and Transform Your Life](#)

[A Beginner's Guide to Self-Healing Techniques That Balance the Chakras](#)

[Sacred Rituals to Raise Your Vibration, Find Your Bliss, and Stay Energized All Day](#)

[Tarot for Self-Care](#)