Hypnosis In Clinical Practice Libraryofyoga

Yoga & Parapsychology
40 Days to Personal Revolution
Debt: Free Forever
No More Sleepless Nights
The First Hindu Mission to America
Yoga & Parapsychology

Insomnia? Anxiety? Gone. All without medication. Unpleasant side effects from blood pressure pills? Gone. A cheap and effective way to combat cardiovascular disease, immune dysfunction, obesity, and GI disorders? Yes. Sounds too good to be true? Believe it. Contemporary science confirms what generations of healers have observed throughout the centuries of practice: Breath awareness can turn on the body’s natural abilities to prevent and cure illness. The mental and physical stresses of modern life, such as anxiety, frustration, sexual dysfunction, insomnia, high blood pressure, digestive woes, and immune dysfunction can all be addressed through conscious control of your breath. In addition, it can increase energy, accelerate healing, improve cognitive skills, and enhance mental balance. Yet most of us stop breathing in the “anatomically”—right—way, the way to take advantage of these benefits, when we were four or five years old. We now breathe in a way that is anatomically incongruous and makes for more illness. Dr. Vranich shows readers how to turn back the tide of stress and illness, and improve the overall quality of their life through a daily breathing workout. In a fascinating, straightforward, jargon-free exploration of how our bodies were meant to breathe, Dr. Belisa Vranich delves into the ins and outs of proper breathing. By combining both anatomy and fitness with psychology and mindfulness, Dr. Vranich gives readers a way of solving health problems at the root and healing themselves from the inside out. BREATHE is an easy-to-follow guide to breathing exercises that will increase energy, help lose weight, and make readers feel calmer and happier.

40 Days to Personal Revolution

A well written, conclusive holistic explanation of the physical, psychological & spiritual benefits to be derived from the employment of marijuana. This book offers proof that marijuana balances the Autonomic Nervous System which is the goal for health and consciousness in Yoga Science. The Benefits of Marijuana bridges the gap between the ancient Eastern wisdom—so popular in contemporary self-help circles—and today’s extensive science. According to the reviewer: “It’s a sort of book you can dip into at random, absorbing nonconsecutive sections at your leisure.” The final edition of the book includes a thorough explanation of how marijuana helps the victims of PTSD and Alzheimer’s Disease and presents an impressive argument for the dire need of the consciousness-raising features of marijuana for stress reduction, health, and collectively, for survival. According to the former Director of NORML, “one of the most well written, comprehensive analysis of marijuana around today.”

Debt: Free Forever

The mysteries of the fifth Canto of the Srimad Bhagavatam have long puzzled students of Vedic cosmogrophy and astronomy. Confronted with a description of the universe that seems much at variance with the information provided by our senses and standard astronomical calculations, foreign observers and even Indian commentators from the middle ages up to the present have concluded that the Bhagavatam’s account elaborated in other Puranas must be mythological. On the other hand the same persons have been much impressed with vedic astronomical treatises the jyotisasastras which provide remarkably accurate measurements of the solar system.

No More Sleepless Nights

YOU CAN GIVE YOUR BABY A GREATER CHANCE FOR HEALTH AND HAPPINESS—MONTHS BEFORE BIRTH! A pioneering physician, Dr. Thomas Venny, gives startling new evidence based on two decades of medical research. Your unborn baby is: Capable of learning. Able to warn you of medical problems you and your doctor may not be aware of. Able to hear and respond to voices and sounds—including music. Sensitive to his parents’ feelings about him. Capable of responding to love. An active, feeling human being. The ways in which you respond to and care for your unborn child may affect his physical and emotional well-being for the rest of his life. The choices you make today about your child’s birth may make a vital difference for years to come. You can prepare your unborn baby for a happy, healthy life. This remarkable book will show you how! A gift to every loving, caring parent. A book that will change the experience of pregnancy and childbirth forever.

The First Hindu Mission to America

The Biology of Belief is a ground breaking work in the field of new biology. Former medical school professor and research scientist Bruce H. Lipton PhD presents his experiments, and those of other leading-edge scientists, which examine in great detail the mechanisms by which cells receive and process information. The implications of this research radically change our understanding of life, showing that genes and DNA do not control our biology; instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts. This profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics has been hailed as a major breakthrough, showing that our bodies can be changed as we retrain our thinking.

Vedic Cosmogrophy and Astronomy

Your Soul’s Plan

What do you get when you combine the wisdom of advanced yoga, the energy dynamics of acupuncture, the clinical findings of applied kinesiology, and Western medical expertise?

Breathe

The leading clinical expert on marijuana sifts through the myths about the drug to deliver an unbiased, comprehensive guide backed by scientific facts to give you the information you need to make informed decisions about marijuana. Marijuana—or weed, pot, grass, MJ, Mary Jane, reefer, cannabis, or hemp among dozens of other names—has a long, colorful history dating back more than 2,000 years as one of the most sought-after mood-altering substances in the world. Societal opinion about the drug has dramatically swayed over the years, from...
hypnosis can bring out unused mental or physical capacities in man, heighten awareness or give rise to enhanced states of consciousness, suspension of conventional reality-orientation, changes in body-image, or changes in perception.

Reiki Sourcebook (Revised Ed.)

The first book to explain from both scientific and spiritual perspectives the healing and transformative powers of harmonics. Includes practical exercises demonstrating how to use sound in healing and meditation, including "Vowels as Mantras" and "Overtoning." Describes how harmonics can be used as "sonic yoga" for meditation and deep relaxation to enhance energy. Over 25,000 copies of first editions sold in 6 languages. 

The Benefits of Marijuana

Levy describes the myriad ways individuals are directed to follow their authentic true work and provides scientific, psychological, spiritual, and practical guidance. Copyright Libri GmbH. All rights reserved.

Hindusim For Our Times

Presents the mystery of the Divine Mother in all her manifold aspects. Explores more than 30 different goddess aspects of the Shakti force: both beneficial and malefic. Includes Sanskrit hymns and classic verses by Sri Auribindo for each of the goddesses Shakti is synonymous with the Devi, the Divine Mother or divine power that manifests, sustains, and transforms the universe. She is the womb of all creatures, and it is through her that the One becomes the many. Our first and primary relationship to the world is through the mother, the source of love, security, and nourishment. Extending this relationship to worship of a cosmic being as mother was a natural step found not only in the Shakti cult of Hinduism but also in ancient Greek, Egyptian, and Babylonian cultures. Shakti presents more than 30 goddess incarnations of the Divine Mother that represent both the beneficial and malefic aspects of the Shakti force. From Lakshmi, Parvati, and Saraswati to Durga, Chandika, and Kali—each of the different functions of the female goddesses in the Hindu pantheon is revealed, accompanied by traditional Sanskrit hymns, classic verses by Sri Auribindo, and discussions of tantric philosophy. The author draws from the Devi Bhagavatam, which describes all the stories of Shakti, and the Deval Mahatmyam, the most powerful scriptural text that glorifies Shakti in her form as Durga.

The Energy of Money

An introduction to "energy psychiatry" draws on intuition, the body's energy, and traditional medicine to address a range of emotional challenges, from workaholism to social anxiety, sharing energy-enhancing exercises and the author's recommendations on how to cultivate positive energy. Reprint. 7,500 first printing.

The Biology of Belief

Would you like to understand the deeper spiritual meaning of physical illness, parenting a handicapped child, drug addiction, alcoholism, the death of a loved one, accidents, deafness, and blindness? Your Soul's Plan (which was originally published under the title Courageous Souls: Do We Plan Our Life Challenges Before Birth?) explores the premise that we are all eternal souls who plan our lives, including our greatest challenges, before we are born for the purpose of spiritual growth. Through compelling profiles of people who knowingly planned the experiences mentioned above, Your Soul's Plan shows that suffering is not purposeless, but rather imbued with deep meaning. Working with four gifted mediums, author Robert Schwartz reveals the significance of each person's life plan and allows us a fascinating look into the "other side." Each personal story focuses on a specific life challenge, organized by type for easy reference. Accessible both to those familiar with the metaphysical aspects of spirituality and to the general reader, the moving narratives that comprise Your Soul's Plan help readers awaken to the reality that they are transpersonal, eternal souls. With this stirring book as a guide, feelings of separation, attachment, illness, alienation, and death are healed and transformed into acceptance, forgiveness, gratitude, and peace.

Marijuana

The practice of yoga, hypnosis, and the use of psychedelic drugs to alter psychological and physiological states is not unknown to the study of psychology. They have been called "soft" studies and labeled unimportant. This is mostly because they are difficult to study and understand, often focusing on unobservable internal states such as altered states of consciousness, Samadhi, or hypnotic states. This book, in its approach to thinking about this topic and method for analysis, focuses only on phenomena that can be observed, such as behavioral changes. By centering on only those aspects of the psychological and physiological effects of yoga, hypnosis, and psychedelic drugs which can be measured and analyzed using this new method, Barber distinguishes this book from others in the field. He asks what overt behaviors and verbal reports are clearly observable when psychedelic drugs are taken, yoga is practiced, or hypnotic induction procedures are administered. Instead of treating the phenomena traditionally associated with psychedelic drugs, yoga, or hypnosis as undifferentiated conglomerates, an attempt will be made to set apart and treat separately each of the many phenomena associated with each of these areas of inquiry. This book does not set out to simply demonstrate the importance of psychics, yoga, and hypnosis, or to present substantive material pertaining to these topics. It also treats each topic as continuous with other known psychological and spiritual phenomena and is an important piece to the puzzle of social psychology. It differs from most previous treatments in that it does not assume that psychics, yoga, and hypnosis can bring out unused mental or physical capacities in man, heighten awareness or give rise to enhanced creativity, or produce altered states of consciousness, suspension of conventional reality-orientation, changes in body-image, or changes in perception.
Mindful Work

This work is being presented in three parts. Although each section stands alone, yet they are all inextricably intertwined. The intention of the author is to furnish those for whom Marijuana is The Perennial Teacher with a decipherable experience of spiritual fulfillment as it is implemented in The Marijuana Consciousness. The Yoga of Marijuana gives us the basic philosophical and historical underpinnings of the Science of Yoga, including the intentionally hidden, ancient and originating connection to The Marijuana Consciousness. The reason that the obvious synchronicity between these two paths has always been denied by the establishment will be explained as well: how and why the primordial Practice of Marijuana as an esoteric discipline is emerging with such power at this moment in time. This materialistic period of civilization. The book explains the enhancement toward the uncovering of conscious states not only a possibility through the Yoga of Marijuana but is, in fact, an ongoing, little-known, abiding reality. In addition, the work will clarify how Marijuana serves as a proactive and perennial guide on the Path to Enlightenment as reflected in and precedent to Classical Yoga as it comes down to us from the primordial and secret Tantra. It is the aim of this introductory section to spark the interest of those for whom the Marijuana Consciousness is of utmost importance and to prepare the way for recognition and reception of The Yoga of Marijuana. Part II. The Tantra of Marijuana will present the origin and profound philosophy of the utterly misunderstood Tantric Path as it evolved from the primal purity of the aboriginal mind. While the comprehensive coverage and refined practices of Eastern Thought are progressive, profound and for reaching, Tantra is unquestionably the crowning pinnacle of its legacy. Interestingly enough, this prehistoric teaching is considered the most suitable Path to Enlightenment for the distracted mind of the present era, while Shiva, Lord of Bhang fits into the mix as the symbol of conscious pulsation of the universe, in keeping with the most advanced contemporary science. Part III. Marijuana and Yoga Practice will reveal the integration of these specific yogic training with the underpinning principles behind each practice for light and heightened awareness, mirrored in and originating from the subtle Benefits of Marijuana. The hopes for this sequel are to coalesce over time in both the cognitive and intuitive faculties and be internalized holographically as a unified reality.

The Secret Life of the Unborn Child

The most comprehensive book on the system of Reiki ever published, this book will become an invaluable asset for Reiki novices, students and teachers alike. Bringing together every important piece of information that has been taught, discussed or written about Reiki since its development in the early 1900s, it includes information from sources such as living students of the Reiki masters, Mikao Usui, Chuijiro Hayashi and Hawayo Takata.

ThetaHealing

In this book, yoga teacher Dee Dussault brings the ancient tradition of using cannabis to enhance spiritual practice to a western audience. She describes the act of Ganja Yoga as a ceremony that makes conscious relaxation an intentional ritual that can be improved upon with practice. Dee Dussault is a certified yoga instructor and the first person to bring cannabis-enhanced yoga classes to North America. In Ganja Yoga, Dee walks readers through the considerations and best practices for introducing cannabis into your yoga practice, or infusing yoga into your smoking routine. It’s essentially for those who want to attend classes or use the book in the comfort of their own homes. Ganja Yoga will assist readers in how to: Reap the benefits of profound relaxation Assume an altered state in a safe, energizing way Deepen the spiritual practice of yoga Reconnect with the body using ancient techniques Select the best setting, time, method of consumption, strains, poses and breathing techniques to ensure an excellent experience. Ganja Yoga isn’t just a guide to mixing cannabis and exercise; it’s a lifestyle practice for a more stress-free, harmonious world.

The Power of Breath

In this sensible, simple-to-follow workbook, based on the acclaimed No More Sleepless Nights program, one of the world’s leading insomnia experts gives you the tools to be your own sleep therapist. Filled with interactive quizzes, sleep logs, self-evaluation exercises, which may be used in conjunction with the patented Sleep Timer, the workbook will help you uncover the underlying cause of your own sleep problem, and then put together a personalized action plan for getting a good night’s rest. With advice on improving sleep hygiene and diet, the right exercises, relaxation techniques, and more, No More Sleepless Nights Workbook helps you conquer your own poor sleep regimen. More importantly, it equips you to beat it again if it ever returns to disturb your dreams.

A Year of Living Consciously

In 1995, Vianna Stibal, a mother of three young children, was diagnosed with a cancer that was quickly destroying her body. Everything she had tried using conventional and alternative medicine had failed, until she employed a simple technique that she used in her work as an intuitive reader. Amazed that she had cured herself instantaneously, Vianna started to use this technique in her sessions with clients and saw people after person miraculously heal. ThetaHealing is essentially applied quantum physics. Using a theta brain wave, which until now was thought to be usable only in deep sleep or yoga level meditation, the practitioner Subtle to connect with the energy of All That Is — the energy in everything — to identify issues and witness healing on the physical body, and to identify and change limiting beliefs.

Shakti

Sothing the Self: Facts, Inspirations and Tips for Body, Mind and Spirit offers a collection of concrete facts, thoughts provoking inspirations and practical tips which will help readers to adopt a more balanced, holistic approach to self-care and personal development on physical, mental/emotional and spiritual levels. Organised alphabetically in order to be reader-friendly, this book is a lifestyle reference work. It provides readers with an insight into a range of approaches and subjects, some of which they may wish to explore in greater depth. The work concludes with a comprehensive bibliography which includes many suggestions for further reading.

Essential Reiki

Discover how the art of breathing can enhance your well-being and relieve stress with this engaging guide from one of the world’s leading yoga gurus. Breathing is the most fundamental of our body’s physical processes and our most intimate companion — yet most of us give it little to no thought. However, once fully acknowledged and harnessed, the power of the breath is unlimited. It can ease stress and anxiety, boost energy and stamina, enhance self-confidence, sharpen the ability to focus, strengthen the quality of voice, and even relieve pain. With The Power of Breath, renowned yoga teacher Swami Saradananda shows you how to give gentle yet powerful guidance on the art of breathing, from the basic practices to its myriad effects on mind and body. She explores the five types of breath — vitalizing (prana), nourishing (samana), soothing (vital), energizing (uda) and expressive (udana) — and provides breathing exercises for each one. She also offers mini programs for targeting specific common ailments and stress such as asthma, skin disorders, depression, lethargy and phobias — plus ways to harness your breath to enhance vocal, dramatic, or sports performance. With evocative artwork, inspiring photography, and easy-to-follow guidance, this book will enhance and affirm your daily life through the power of breathwork.

Introduction to the Yoga of Marijuana
A Good Night's Sleep

Free yourself from mixed-out cards, mounting interest, and constant money stress with this entertaining and easy-to-read guide (Windstar). If you’re afraid to open your bills, if you’ve never added up how much you owe, if you can’t even imagine being debt-free—it’s time to join the thousands of people Gail Vaz-Oxlade has helped. Her straightforward approach to money management is based on self-control, hard work, and prioritizing what’s really important. Debt-Free Forever is Gail’s step-by-step guide, and she’ll show you how to figure out how much you’re actually spending, calculate how much you owe—and what it’s costing you. If you’re looking for a budget that minimizes your debt repayments so you can be free of consumer debt in three years or less, prepare for a rainy day so it’s easy, but in Debt-Free Forever, Gail gives you a clear strategy and the steps needed to implement it. If you’re finished with excuses, overdraft notices, and maxed-out credit cards, follow the plan—and start becoming debt-free forever.

A Good Night's Sleep now allows you to master this amazingly simple, astonishingly effective practice for yourself—and open the door to a lifetime of emotional control and well-being.

Placenta - The Forgotten Chakra

Reiki is an ancient and profoundly simple system of “laying on of hands” healing derived from Tibetan Buddhism. In the West, Reiki has only recently come into its own. ESSENTIAL REIKI presents full information on all three degrees of this healing system, most of it in print for the first time. Teaching from the perspective that Reiki healing belongs to all people, Diane Stein breaks new ground in her classic guide to this ancient practice. While no book can replace the directly received Reiki “attunements,” ESSENTIAL REIKI provides everything else that the healer, practitioner, and teacher of this system needs.

Exploring Reiki introduces this increasingly popular form of hands-on healing by answering the 100 most-often-asked questions relating to its practice in common-sense, reader-friendly language. It covers all the theoretical issues a complete beginner would want to know about while still providing an in-depth and all-round presentation. As a result, Exploring Reiki is helpful to the curious browser who wishes to get first-hand information from an experienced practitioner as it is to the experienced initiate with questions about a particular aspect of this subtle art of healing.

Exploring Reiki

Yoga and Parapsychology are two areas in which a significant amount of professional research is awaited. Parapsychology, considered as the discipline to study psi (psychic abilities), is essentially the science of siddhis (extraordinary human abilities). Yoga is considered to be an effective psycho-spiritual pursuit that results in the manifestation of a variety of supernatural phenomena. In fact, Patanjali’s Yogic Sutras is the foundational text of psychic science. One of its four parts, Vibhuti Pada, is filled with the description and discussion of a variety of paranormal phenomena. There is thus an intrinsic commonality between yoga and parapsychology, which remains essentially unexplored in any systematic way. A serious and scientific study of the two and the resultant synergy of their confluence could result in resolving many of the riddles that puzzle parapsychology today and be a harbinger of a vibrant science opening up new frontiers. Further, it could be seen as a productive East-West meeting in a profound sense. Keeping this in view, a national conference and workshop were organized during January 9–23, 2006 at Andhra University by the Institute for Human Science and Service with international participation. The present volume is a compilation of the major presentations at the conference and workshop, which are appropriately revised and edited in light of the discussions. The contents of the volume contain theoretical articles and reviews as well as experimental reports. Contributors come from different countries besides India, including the United States of America, Sri Lanka, the United Kingdom, Germany and the Netherlands. Thus, the volume is international in scope and coverage.

The Body Talk System

Exploring Reiki

Yoga and Parapsychology are two areas in which a significant amount of professional research is awaited. Parapsychology, considered as the discipline to study psi (psychic abilities), is essentially the science of siddhis (extraordinary human abilities). Yoga is considered to be an effective psycho-spiritual pursuit that results in the manifestation of a variety of supernatural phenomena. In fact, Patanjali’s Yogic Sutras is the foundational text of psychic science. One of its four parts, Vibhuti Pada, is filled with the description and discussion of a variety of paranormal phenomena. There is thus an intrinsic commonality between yoga and parapsychology, which remains essentially unexplored in any systematic way. A serious and scientific study of the two and the resultant synergy of their confluence could result in resolving many of the riddles that puzzle parapsychology today and be a harbinger of a vibrant science opening up new frontiers. Further, it could be seen as a productive East-West meeting in a profound sense. Keeping this in view, a national conference and workshop were organized during January 9–23, 2006 at Andhra University by the Institute for Human Science and Service with international participation. The present volume is a compilation of the major presentations at the conference and workshop, which are appropriately revised and edited in light of the discussions. The contents of the volume contain theoretical articles and reviews as well as experimental reports. Contributors come from different countries besides India, including the United States of America, Sri Lanka, the United Kingdom, Germany and the Netherlands. Thus, the volume is international in scope and coverage.

Healing Sounds

This book explores the contours of this creative tension in the context of Hinduism in our own times. For Hinduism, a religion of unknown antiquity, is also, in several ways, surprisingly modern. Hinduism for Our Times is an attempt to raise this dimension of Hinduism to an unprecedented level of self-awareness.

FILMMAKING WITHOUT FEAR

How to overcome insomnia with visualization, breathwork, and meditation. Presents mental and physical exercises to quiet mental chatter, visualizations to prepare for sleep, and sleep breathing and mindfulness meditation techniques. Explains how to establish and analyze a sleep diary and how to retrain the body to sleep soundly. Jan Sadler teaches the skills needed to break the patterns and frustration of insomnia. She explains how to overcome stress and restlessness through meditation and deep diaphragmatic breathing, how to prepare for sleep through positive visualization, and how to quiet mental chatter with awareness and physical techniques such as the “Stop/Cancel/Change” and “Shakeout” exercises. Sadler addresses how to reduce dependence on sleeping pills, determine the amount of sleep you truly need, and, most important, how to retrain yourself to sleep soundly. She provides a two-week sleep diary and shows step-by-step how to identify and analyze any underlying daytime and pre-bedtime habits that can disturb sleep. By revealing the keys to quality, drug-free sleep, A Good Night’s Sleep enables you to reclaim control of your sleep cycle and your life.
Positive Energy

This book positions Brahmo Samaj leader Protap Chunder Mozoomdar as the originator of the Hindu mission movement to the United States of America in the late 19th century. It is known that Protap Mozoomdar, together with Swami Vivekananda, represented Hinduism at the Parliament of Religions in Chicago in 1893. But what has missed the focus of scholars is that Mozoomdar visited the United States ten years earlier in 1883, making him the pioneer of the Hindu mission movement to the United States. The book is the first detailed study of Protap Chunder Mozoomdar in America. It is written through primary research on American newspapers, periodicals, manuscripts, diaries and archival material available in American libraries, and material in possession of the author. On the whole, the book presents new information of interest to both the general reader and the scholarly community.

Filletal Reversion

Embrace Each Day. We all want to live authentic, self-aware, and successful lives. How do we get about it? Where do we begin? In a daily map full of wisdom, inspirational quotes, and transformational exercises, bestselling author and psychotherapist Gay Hendricks sets us on a fantastic journey to personal and relationship success. In bite-size portions, Hendricks encourages understanding, self-awareness, and honesty—six vital elements in a conscious life. A Year of Living Consciously teaches us to relish the journey that results in greater self-esteem and emotional literacy, achievements that can only come from leading an examined life. Quotes from historical and literary figures reinforce the timeless importance of honesty and self-knowledge. By helping us see, comprehend, and ultimately embrace the secrets we often hide from ourselves, A Year of Living Consciously brings us into accord with a deeper understanding, genuine change, and self-realization.

Instant Emotional Healing

Explains how such mindfulness practices as meditation and yoga have helped lower stress and increased focus for employees, and offers real-world examples of how mindfulness has benefited large corporations.

Callings

New York Times bestselling author of Perfectly Imperfect From Baron Baptiste, author of Journey Into Power and the “sacred master driving the yoga revolution” (Self), a hands-on, step-by-step guide to adapt to your needs and lifestyle to make your body, your mind clear, and your spirit light. In 40 Days to Personal Renewal, Baron Baptiste—one of the world’s most beloved master yoga teachers—invites us to transform more than our body and mind. He urges us to set ourselves free to live the healthful life we’ve always imagined. In the next forty days you will create a whole new way of being and living. Tapping ancient wisdom and his own personal experience, Baron has created a relevant and completely practical program that will lead you to the clarity of mind, body, and spirit that awaits on the other side of your resolution.

Ganja Yoga

"Inspirational for me as a filmmaker"- Sean McNamara, Emmy-nominated Producer / Director“Elizabeth epitomizes the title of her book"- Larry Schapiro, Producer / Director Elizabeth Blake-Thomas has been “filmmaking without fear” since day one. Dive into the beginning of her career and explore how her first films shaped her storytelling today, growing from her first film shot on an iPhone, to a heart-wrenching true story starring an Oscar-nominated actress. “Grab some popcorn if you fancy, for you’re along for the ride of my life.”- Elizabeth Blake-Thomas

Total Renewal

Journey through the traditions, myths, facts and rituals concerning Placenta the Forgotten Chakra. This book blends respect for culture and demand for research, while remaining firmly on scientific research that confirms what midwives have long known: the most gentle, time honored, least invasive birth protocols are best. For Birth Keepers and for expectant families, who, for each baby, have once in a lifetime opportunity to go slowly and prevent birth trauma, it is a must read. Because peace begins with each child, it makes perfect sense to practice birth without violence.

LSD, Marihuana, Yoga, and Hypnosis

Getting a good night’s sleep has become a losing battle for you. You’ve tried all the routines, supplements, pills, and therapies out there. You’ve wondered whether something might really be wrong, like sleep apnea or sleep deprivation. And you know when you put your head on the pillow at night, you have hours of tossing, turning, anxiety ahead of you. Sleep Like A Boss takes you through the counter-intuitive steps to falling asleep naturally and to waking up with energy. After reading this book, you’ll be able to: Process the anxiety and stress that prevent you from falling asleep, on a chemical level, Calm your breath and body to relax into sleep in a matter of minutes, Develop a sleep routine that suits your schedule and lifestyle, Discover which foods actually undermine your sleep and which bring sleep on faster, the pillow at night, you have hours of tossing, turning, anxiety ahead of you. Sleep Like A Boss takes you through the counter-intuitive steps to falling asleep naturally and to waking up with energy. After reading this book, you’ll be able to: Process the anxiety and stress that prevent you from falling asleep, on a chemical level, Calm your breath and body to relax into sleep in a matter of minutes, Develop a sleep routine that suits your schedule and lifestyle, Discover which foods actually undermine your sleep and which bring sleep on faster,
**Sleep Like a Boss**

A revolutionary program that can free your financial energy, increase your wealth, and help you achieve personal life goals. “Money is a symbol of energy,” said Joseph Campbell. And releasing it releases life’s possibilities. . . . Thousands of people worldwide have learned how to build a powerful new relationship with their money and bring their dreams to fruition through Dr. Maria Nemeth’s dynamic workshops. Now you can, too. In *The Energy of Money*, Dr. Nemeth—who received an Audio Publishers Award for her Sounds True series on which this book is based—draws upon her more than twenty years’ experience in synthesizing spiritual and practical techniques for managing yourself and your work. Combining a complete self-help and self-discovery regimen with proven methods of money management, this powerhouse guide to prosperity presents twelve principles that will help you to:

- Uncover the hidden landscape of beliefs, patterns, and habits that underlie and sometimes subvert your everyday use of money and personal resources.
- Tame the dragons of driven behavior and busyness.
- Defuse fears of deprivation and scarcity.
- Embrace and work through paradox and confusion.
- Consciously focus your energy.
- Clear yourself to receive the energy and support of others and the universe.
- Develop and stay on your personal path to abundance.

Through easy-to-follow exercises and meditations, effective worksheets, and other interactive processes, Dr. Nemeth will guide you to financial success and help you manifest your special contribution to the world.

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