

Il Segreto Tolteco Le Tecniche Del Sogno Degli Antichi Mexica

Bring positive change and nourishment to your body, mind, and spirit by connecting with the deep wisdom and power of trees. Featuring detailed descriptions of the magical and energetic properties of more than one hundred trees, this comprehensive guide shows you how to work with them—physically and spiritually—through rituals, spells, aromatherapy, visualization, and more. Trees are symbols of the interconnectedness of life and represent the interwoven web of everything magical. The Magic of Trees helps you tap into that web and enrich your life. From Acacia to Yew and many others in between, each tree has an encyclopedic entry that features its history, magical uses, medicinal uses, and correspondences. With this book’s guidance, you’ll find that the trees around you can be beloved friends, teachers, and magical partners. Praise: "A truly comprehensive magical tome on trees, written in the enchanting style and depth that only Tess Whitehurst can bring to the page. This one belongs in every witch’s library.”—Deborah Blake, author of Everyday Witchcraft

In this remarkable book, the renowned Mexican healer Sergio Magaña reveals the fascinating secrets of the ancient Toltec tradition. Closed to outsiders until now, this rich spiritual tradition is over 5,000 years old. The original holders of this secret knowledge, the Chichimeca, were considered to be masters, with a deep understanding of the dream state and a working knowledge of how our perceptions form our reality, as well as the capacity to influence matter. The Toltec Secret reveals the incredibly powerful rituals and symbols that will enable you to: • become lucid in your dreams • create your life through your dreams like the Toltecs did • send healing to others while in the dreaming state • communicate with your ancestors • develop your intuition and use Toltec techniques to see the aura • heal and rejuvenate your body by connecting with the energy of the sun • use the mysterious obsidian mirror for healing yourself and others • practise the powerful dances of the Toltecs and Mexihcas.

Obra de referencia electrónica.

A New Biography

The Magic of Trees

Living, Dreaming, Dying

A Field Guide to Lucid Dreaming

Capture the Power of Your Dreams & Live Your Best Life

A Guide to Their Sacred Wisdom & Metaphysical Properties

Conscious Dreamer

Sergio Magaña uncovers the prophecies from the Aztec calendar that reveal important insights about the years 2012, 2021 and 2026. The Aztec calendar marks 2012, 2021 and 2026 as years of great transition. Learn how to heal, thrive and embrace a new, awakened reality with Toltec wisdom. The Aztec calendar is divided into 'Suns', each lasting 6,625 years. The shift from the Fifth to the Sixth Sun started in July 1991 and will be complete in May 2021. In this book, renowned Mexican healer Sergio Magaña reveals Toltec prophecies and insights about the years 2012, 2021 and 2026 and how they will impact humankind and reveal a pathway to a new positive reality. Sergio guides us through the underworld we need to navigate in the next few years, so that we can overcome any challenges we face as we move towards the Sixth Sun. In this book, you'll discover: • Breathing exercises and ancient practices to help you realign with the universe, the Earth, the elements, and with your highest nature • How to heal pent up emotions such as fear and trauma • A detailed explanation of the four movements involved in the shift from the Fifth to the Sixth Sun Allow Sergio to accompany you on a journey to healing your consciousness, taking responsibility for the sacredness of life as you move successfully through the transition from the Fifth to the Sixth Sun.

Wake up and dream. Imagine experiencing all the things that happen in dreams, but with one extraordinary difference: You are “lucid”--consciously, joyously in control. Not just an adventure (yes, you can fly), a lucid dream is a time ripe for creative thinking, healing, inspiration, and self-knowledge. This lively dream guide shows step-by-step how to become lucid, and then what to do once awake in the dream world. Here's how to reconnect with dreams, and the importance of keeping a journal and timing REM cycles. How to use simple reality checks to differentiate between waking and sleeping states. How to incubate a dream to solve a problem. With every dream we are washing up on the shores of our own inner landscape. Now, learn to explore this strange and thrilling world.

Bestselling author of The Tutankhamun Prophecies decodes the spiritual mysteries hidden within the recently discovered Mochian pyramids in Sipan • Reveals that ancient Inca sun-kings possessed the same solar science as Lord Pacal of Mexico and Tutankhamun of Egypt • Solves the mystery of the ancient Inca legend concerning a white god who traveled through ancient Peru, healing the sick and restoring sight to the blind Inca mythology tells of a tall, white leader who wandered along the coast performing miracles, a man they called Viracocha Pachamac, which means "God of the World." Centuries later another great miracle worker, similar to the first, appeared and wandered the countryside, healing the sick and restoring sight to the blind. He, too, was named Viracocha. These accounts have long baffled scholars, as have the carvings left by the people of Tiahuanaco who preserved these legends. Now Maurice Cotterell, who cracked the codes hidden in both ancient Maya carvings and the treasures of Tutankhamun, unlocks the secrets concealed within the treasure-filled tombs of Viracocha Pachamac and Viracocha. His investigation of these tombs, held within the long-lost pyramids of Peru, proves that these two figures were not myth but actually existed 1,500 years ago. The two Viracocha sun-kings had much in common with Lord Pacal of Mexico and Tutankhamun of Egypt and, like them, left the secrets of a super solar science encoded in their treasures. This science reveals the intimate connection between the cycles of life and birth on Earth and solar activity such as sunspots. More important, it holds the key to reincarnation and human spiritual realization, with answers to the spiritual mysteries of life and death.

Exploring the World of Lucid Dreaming

Francis of Assisi

Esotericism in the Mirror of Secular Thought

Dreaming Through Darkness

The Lost Tomb of Viracocha

The Toltec Secret

The Real Toltec Prophecies

On the most secret and dangerous assignment of their lives, Sherlock Holmes and Dr. Watson are sent into the newborn Soviet Union to rescue The Romanovs: Nicholas and Alexandra and their innocent children. Will Holmes and Watson be able to change history? Will they even be able to survive?

'Shabono' – the name of the hamlets of palm-thatched dwellings where the Yanomama Indians of Venezuela and southern Brazil live – recounts the vivid and unforgettable experience of anthropologist Florinda Donner's time with an indigenous tr

Among the most beloved saints in the Catholic tradition, Francis of Assisi (c. 1181-1226) is popularly remembered for his dedication to poverty, his love of animals and nature, and his desire to follow perfectly the teachings and example of Christ. During his lifetime and after his death, followers collected, for their own purposes, numerous stories, anecdotes, and reports about Francis. As a result, the man himself and his own concerns became lost in legend. In this authoritative and engaging new biography, Augustine Thompson, O.P., sifts through the surviving evidence for the life of Francis using modern historical methods. The result is a complex yet sympathetic portrait of the man and the saint. Francis emerges from this account as very much a typical thirteenth-century Italian layman, but one who, when faced with unexpected crises in his personal life, made decisions so radical that they challenge his own society-and ours. Unlike the saint of legend, this Francis never had a unique divine inspiration to provide him with rules for following the teachings of Jesus. Rather, he spent his life reacting to unexpected challenges, before which he often found himself unprepared and uncertain. The Francis who emerges here is both more complex and more conflicted than that of older biographies. His famed devotion to poverty is found to be more nuanced than expected, perhaps not even his principal spiritual concern. Thompson revisits events small and large in Francis's life, including his troubled relations with his father, his contacts with Clare of Assisi, his encounter with the Muslim sultan, and his receiving the Stigmata, to uncover the man behind the legends and popular images. A tour de force of historical research and biographical writing, Francis of Assisi: A New Biography is divided into two complementary parts-a stand alone biographical narrative and a close, annotated examination of the historical sources about Francis. Taken together, the narrative and the survey of the sources provide a much-needed fresh perspective on this iconic figure. "As I have worked on this biography," Thompson writes, "my respect for Francis and his vision has increased, and I hope that this book will speak to modern people, believers and unbelievers alike, and that the Francis I have come to know will have something to say to them today."

The Mummy Case

Sulla via dello yoga, tra i sentieri dell’ermetismo, dell’alchimia e dello sciamanesimo.

Cave and Cosmos

The Path of Quetzalcoatl

Sei consapevole? Ascoltati...

Michelangelo e il Novecento

Applied Magic

In an age when much of the earth's surface has been explored, the spiritual realms within us are still, for many people, uncharted territory. This Inner Space was experienced by shamans and the 'Wise Ones' of all cultures and traditions who could bring to the surface of consciousness knowledge that could then be applied to improve the quality of individual lives. Today, the opportunity exists for us all to experience the reality of transcending distance and time, find new understanding, and discover the inspiration and guidance to meet all of life's challenges.Shamanic Experience, packaged together with its unique shamanic drumming CD, can enable you to:- awaken and develop your inner senses& resources-- access other levels of awareness and retrieve information that is relevant to all areas of your life -- discover that the power of every living thing, including yourself, lies within

Adventures in the Afterlife is a powerful journey of spiritual awakening; a bold quest for answers and enlightenment. The old assumptions of heaven are confronted and an expansive new vision of our continuing life is presented. After being diagnosed with cancer, William Buhlman, author of Adventures Beyond the Body, pursued answers to the mysteries of our existence after death. Confronting his mortality, he experienced profound insights into what lies beyond our physical body. Our journey into the next life is the basis for Adventures in the Afterlife. The author chronicles his out-of-bodyexperiences and lucid dreams through the eyesof a fictional character, Frank Brooks. The insights are sometimes surprising, but a clear message is always apparent; we are powerful, spiritual beings and we shape our reality now and in the future. The purpose of this book is to prepare us for the many thought responsive environments we will experience. William Buhlman teaches and lectures worldwide on the subjects of out-of-body experiences and spiritual empowerment. Visit the author at www.astralinfo.org.

"[A] solid how-to book...For amateur dream researchers, this is a must." WHOLE EARTH REVIEW This book goes far beyond the confines of pop dream psychology, establishing a scientifically researched framework for using lucid dreaming--that is, consciously influencing the outcome of your dreams. Based on Dr. Stephen LaBerge's extensive laboratory work at Stanford University mapping mind/body relationships during the dream state, as well as the teachings of Tibetan dream yogis and the work of other scientists, including German psycholgist Paul Tholey, this practical workbook will show you how to use your dreams to: Solve problems; Gain greater confidence; improve creativity, and more. From the Paperback edition.

Il segreto tolteco. Le tecniche del sogno degli antichi Mexica

Journey to Realms Beyond Death

Shamanic Experience

Ancient Energy Techniques for Healing, Rejuvenation and Manifestation

Delog

The Ultimate Journey

Wisdom for Everyday Life from the Tibetan Book of the Dead

Atkinson’s work is widely considered as one of the best among the New Thought publications. All his lessons are funneling into one big aim: how mind can conquer matter. Learn how to train and improve your mind and to train your new powers. Contents: Foreword. Chapter I. The Mental-Dynamo Chapter II. The Nature Of Mind-Power Chapter III. Mentative Induction Chapter IV. Mental Magic In Animal Life Chapter V. Mental Magic In Human Life Chapter VI. The Mentative Poles Chapter VII. Desire And Will In Fable Chapter VIII. Mind-Power In Action Chapter IX. Personal Magnetism Chapter X. Examples Of Dynamic Mentation Chapter XI. Dynamic Individuality Chapter XII. Mental Atmosphere Chapter XIII. Channels Of Influence Chapter XIV. Instruments Of Expression Chapter XV. Using The Mentative Instruments Chapter XVI. Mental Suggestion Chapter XVII. Four Kinds Of Suggestion Chapter XVIII. How Suggestion Is Used Chapter XIX. Induced Imagination Chapter XX. Induced Imagination In India Chapter XXI. The Ocean Of Mind-Power Chapter XXII. A Glimpse Of The Occult World Chapter XXIII. Self Protection Chapter XXV. Mental Therapeutics Chapter XXVI. Mental Healing Methods Chapter XXVII. Mental Architecture Chapter XXVIII. Making Over Oneself Chapter XXIX. Mind-Building

Late in the 15th century the discovery of the New World revealed to the Europeans the existence of peoples and cultures whose forms of artistic and intellectual expression were totally different to their own but of immense appeal. While at that time the white Conquistadores had no interest in and were perhaps incapable of appreciating and respecting this cultural heritage, for some considerable time now the so-called "pre-Columbian civilisations" have been rediscovered and archaeologists are attempting to reconstruct their marvellous cultural mosaic, the roots of which lie in an historical substrata predating the Christian era by some thousands of years. The aim of this book is to trace the development of some of the civilisations that emerged in the Mesoamerican region and gave rise to surprisingly advanced and sophisticated cities. The Olmecs, Maya, Aztecs and other less well known groups have in fact left extraordinary evidence of their passing in the form of great architectural complexes, monumental sculptures, ceramics, jewellery and surprising written records that have only recently given up their secrets. This volume also intends to underline the importance of the so-called minor cultures that have until now been unknown to the public at large but which nonetheless contributed to the economic and cultural development of pre-Columbian Mesoamerica. The work is characterised by a dual scientific and generalist approach to provide all readers with in-depth information - that is both stimulating and comprehensible - concerning a world that is still far from contemporary models. Concise but exhaustive captions, comprehensive iconographical references, numerous colour plates, line drawings and black and white maps complement the text and contextualise the cultural parallels and ideologies of the various civilisations in question within the chronological sequence in the most reliable and attractive manner possible.

The Tibetan Book of the Dead is one of the best-known Tibetan Buddhist texts. It is also one of the most difficult texts for Westerners to understand. In Living, Dreaming, Dying, Rob Nairn presents the first interpretation of this classic text using a modern Western perspective, avoiding arcane religious terminology, keeping his explanations grounded in everyday language. Nairn explores the concepts used in this highly revered work and brings out their meaning and significance for our daily life. He shows readers how the Tibetan Book of the Dead can help us understand life and self as well as the dying process. Living, Dreaming, Dying helps readers to "live deliberately"—and confront death deliberately. One thing that prevents us from doing that, according to Nairn, is our tendency to react fearfully whenever change occurs. But if we confront our fear of change and the unknown, we can learn to flow gracefully with the unfolding circumstances of life rather than be at their mercy. Of course, change occurs throughout our life, but a period of transition also occurs as we pass from the waking state into sleep, and likewise as we pass into death. Therefore the author’s teachings apply equally to living as well as to dreaming and dying. Through meditation instructions and practical exercises, the author explains how to: • Explore the mind through the cultivation of deep meditation states and expanded consciousness • Develop awareness of negative tendencies • Use deep sleep states and lucid dreaming to increase self-understanding as well as to "train" oneself in how to die so that one is prepared for when the time comes • Confront and liberate oneself from fear of death and the unknown

A Sherlock Holmes Novel

Mastering the Art of Oneironautics

Rigenerare per la promozione della salute

Shamanism As a Spiritual Practice for Daily Life

The Secret Journal of Dr Watson

La soglia dell’energia. Oltre la tensengrità: lo sciamanesimo tolteco nella pratica quotidiana

A Practical Handbook with Maps and Images

Il libro è un’autobiografia nella quale l’autrice ripercorre tutti i momenti fondamentali del suo cammino spirituale: gli incontri con diversi maestri e con gruppi di diverse scuole esoteriche, le prove iniziatiche, i viaggi esteriori ed interiori, le piccole e grandi realizzazioni spirituali. L’autrice racconta come il cammino spirituale abbia cambiato completamente la sua vita sin da quando, appena adolescente, si è trovata a vivere parallelamente alla crescita reale la sua crescita spirituale. Vengono riportati integralmente gli insegnamenti orali ricevuti, che le hanno tracciato una mappa di quel cammino che l’ha condotta ad esplorare l’ignoto. L’antroposofia, il Raja-Kriya yoga, l’ermetismo e l’alchimia, in una pratica assidua e costante, le hanno rivelato profonde analogie con lo sciamanesimo di Castaneda e la Quarta Via di Gurdjieff: percorsi che, pur apparentemente diversi, sono confluiti coerentemente in un cammino unico e personale, lungo il quale ogni incontro, ogni libro e ogni insegnamento hanno avuto importanza. Gli insegnamenti dei vari maestri si sono via via riuniti come ad essere frammenti destinati a formare un quadro completo e ricco di significati. E l’ignoto, sempre imprevedibile e sorprendente, ha condotto l’autrice lungo sentieri prima inimmaginabili. Se diventa pratica costante, vissuta in ogni attimo dell’esistenza, la spiritualità si intreccia profondamente con la vita, dando origine a misteriose coincidenze e incredibili esperienze, delle quali viene data ampia testimonianza in questo libro.

Applied Magic Dion Fortune - Applied Magic is a selection of Dion Fortune's writings on the practical applications of magical and esoteric techniques. Everyone has the ability to access the invisible planes of existence- a whole kingdom of mind and spirit- which cannot be perceived with the physical senses. Fortune provides invaluable guidance to anyone intent on increasing their inner awareness. She declares, "Esoteric tradition admits of no exclusiveness; it is the very essence of its spirit that it blasphemes no God that has been hallowed by our devotion. It sees all religions as the expressions of our spirit rather than the personal revelation of a jealous God to His chosen people. It suffers from neither superstitious awe nor bigoted fear."Contents1. The Occult Way2. Some Practical Applications of Occultism3. The Group Mind4. The Psychology of Ritual5. The Circuit of Force6. The Three Kinds of Reality7. Non-humans8. Black Magic9. A Magical Body10. The Occult Field Today11. Esoteric Glossary
The shadow is the part of us made up of all that we hide from others: our shame, our fears and our wounds, but also our divine spirit, our blinding beauty and our hidden talents. The shadow is not bad in fact it is the source of our creativity and power but until we bring it into the light this power will remain untapped and our full potential unreached. Using practical exercises sourced from lucid dreaming and dream-work, Tibetan Buddhism and mindfulness meditation, this book explores how to: transform the dark and light shadow side, meet the shadow through your dreams, unlock your creativity and transform nightmares through lucid dreaming. This book will show you how to fearlessly embrace your shadow side in both your dreams and daily life, thereby manifesting the awakened power of your full potential.

A Complete System of Astronomical Chronology

Ancient Mexico

A Display of Heraldry

2012-2021 - The Dawn of the Sixth Sun

Shabono

Adventures in the Afterlife

The Aztecs

In 1958, a successful businessman named Robert Monroe began to have experiences that drastically altered his life. Unpredictably, and without his willing it, Monroe found himself leaving his physical body to travel via a "second body" to locales far removed from the physical and spiritual realities of his life. He was inhabiting a place unbounded by life or death. Monroe recorded these experiences in two bestselling, landmark books, Journeys Out of the Body and Far Journeys. Ultimate Journey, his final and career-defining work, takes us further than we thought possible—and reveals to us what it all means. Ultimate Journey charts that area which lies "over the edge," beyond the limits of the physical world. It presents us with a map of the "interstate"—the route that opens to us when we leave our physical lives, with their entry and exit ramps, their signposts and their hazards. It also tells us how Monroe found the route and travelled it, and uncovered the reason and the purpose of this pioneering expedition. It is a journey that reveals basic truths about the meaning and purpose of life—and of what lies beyond.

Il volume, pubblicato nell’ambito delle celebrazioni per il 450° anniversario della morte di Michelangelo (Caprese Michelangelo, 1475 - Roma, 1564) offre un interessante percorso per comprendere l’influenza di Michelangelo nelle arti visive, nell’architettura e nel design nel corso del Novecento. Attraverso numerosi saggi critici, viene illustrato il progressivo abbandono della retorica fiorita attorno all’artista fino agli anni quaranta, improntata a un eroico titanismo, sottolineando come il linguaggio di Michelangelo abbia assunto man mano un significato esistenziale, offrendosi anche come esempio formale per la politica della ricostruzione, fino a riacquistare lo status di un vero e proprio mito nazionale a ridosso dei festeggiamenti per il centenario dell’unificazione italiana. In questo contesto, il volume da conto delle celebrazioni che si svolsero nel 1964 e nel 1975 in occasione dei centenari michelangeloeschi, e i dei restauri che portarono al rifiorire di Casa Buonarroti. Accanto a una scelta di disegni di Michelangelo, e presentata una ricca selezione di opere di artisti del Novecento e contemporanei. Completa il volume una bibliografia aggiornata.

What happens on and after December 21, 2012? There has been much confusion and many predictions based on the Mayan calendar. Some people think time on Earth will end, but what if there was an intact and complete resource from the ancestors that will give us the wisdom we need for the shift and an understanding of the coming era? In "2012-2021: The Dawn of the Sixth Sun," Sergio Magana (Ocelocoyotl), mystic and teacher of the ancient Toltec/Aztec lineage of Mesoamerica, discloses an in-depth understanding from a rich and

uninterrupted oral tradition, the meaning of the shift from the Fifth to the Sixth Sun, the possibilities presented to humanity at this time, and ancient teachings and practices designed to support this shift. The Toltecs knew how to interpret the mathematical or universal order that governs all of existence by measuring and observing cycles of time, and the impact they had on the Earth, human consciousness, and perception.

Memorie di una Viaggiatrice dello Spirito

Facial Reflexology - Dien Chan Zone

Dreaming Practices of the Ancient Mexicans

Aztec, Maya, Inca

A Visit to a Remote and Magical World in the South American Rain Forest

Unfolding the Scriptures ...

Il dizionario della lingua italiana

This classic on shamanism pioneered the modern shamanic renaissance. It is the foremost resource and reference on shamanism. Now, with a new introduction and a guide to current resources, anthropologist Michael Harner provides the definitive handbook on practical shamanism – what it is, where it came from, how you can participate. "Wonderful, fascinating... Harner really knows what he's talking about." CARLOS CASTANEDA "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." STANILAV GROF, author of 'The Adventure Of Self Discovery' "Harner has impeccable credentials, both as an academic and as a practising shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." NEVILL DRURY, author of 'The Elements of Shamanism' Michael Harner, Ph.D., has practised shamanism and shamanic healing for more than a quarter of a century. He is the founder and director of the Foundation for Shamanic Studies in Norwalk, Connecticut. In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic The Way of the Shaman. In this long-awaited sequel, he provides new evidence of the reality of heavens. Drawing from a lifetime of personal shamanic experiences and more than 2,500 reports of Westerners' experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and spirits they've encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional healing and advice. Written by the leading authority on shamanism, Cave and Cosmos is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death experiences, healing, consciousness, anthropology, and the nature of reality. Praise for Michael Harner and The Way of the Shaman "What Yogananda did for Hinduism and D. T. Suzuki did for Zen, Michael Harner has done for shamanism—namely, bring the tradition and its richness to Western awareness." —from Higher Wisdom, by Roger Walsh and Charles S. Grob "Wonderful, fascinating.... Harner really knows what he's talking about." —Carlos Castaneda, best-selling author of The Teachings of Don Juan and The Active Side of Infinity "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." —Stanislav Grof, author of The Adventure of Self-Discovery "Harner has impeccable credentials, both as an academic and as a practicing shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." —Nevill Drury, author of The Elements of Shamanism "Michael Harner is a great shaman. He also proves that a person can be both a scientist and a shaman." —Bo Bair Rinchinov, Siberian Buryat shaman

This is the first comprehensive analysis of the belief structure and historical background of the New Age Movement. "New Age Religion" emerges as a thoroughly secularized form of western-esoteric traditions which can be traced back to the period of the Renaissance.

Their History, Manners, and Customs

Unlocking the Secrets of the Peruvian Pyramids

Mind-Power: The Secret Of Mental Magic

Giornale della libreria

The Ancient Sun Kingdoms of the Americas

Shamanic Encounters with Another Reality

Shine Light Into the Shadow to Live the Life of Your Dreams

The average person spends six years of their life dreaming. Wake up to your dreams, and learn how you can harness their power to help you live your best waking life! Set a goal or intention at the beginning of your 30-day journey, and see it achieved as you create a body of dream work, and become skilled in the art of using your dreams to achieve your life goals. Scribble, reflect and draw in this colourful workbook as you learn, through 120+ fun and simple activities, how to: * Dream journal * Improve your sleep hygiene * Decode and interpret your dreams * Return to that really good dream that you woke up from too soon ... and much more! Guided by your own personal dream guide, Tree Carr, allow your dreams to wow you with their power and potential. Join a community of like-minded dreamers and share tips, tricks and stories using the hashtag #consciousdreamer, connect with dreamers from around the world, and discover the amazing benefits of being more in touch with yourself and your dreams. Whether you're an artist looking to invite more creativity into your life, a busy parent looking to find calm and clarity from a good nightly routine, a student planning for the future, or just a person looking to get to know yourself better, this book will show you how to make the most of your dreams, and use them to dream and achieve big! If you like this book, you might also be interested in Cosmic Flow... Discover the powerful and nearly-forgotten energy healing methods of the ancient Toltec tradition—for fans of Don Miguel Ruiz Many people across the world today are looking for their true selves. The ancient Mexicans viewed this true self as the “caves”, which referred to our spirit, instincts, and subconscious. According to the Mexican tradition, we have seven caves of power—which are equivalent to the chakras—and healing these caves allows us to improve all areas of our lives. In The Caves of Power, world-renowned Mexican healer Sergio Magaña unveils this almost lost and secret knowledge of the ancient Mexicans. He shares powerful practices for healing, rejuvenation, manifestation, and enlightenment—including Mexican numerology, astral surgery, dream work, Mexican acupuncture, energy spinning, and Mexican Kundalini techniques. This unique and powerful book offers a new approach to an ancient tradition, bringing healing and resolution to important issues like health, emotions, abundance, and enlightenment.

This inspirational book blends elements of shamanism with inherited traditions and contemporary religious commitments. Drawing on shamanic practices from the world over, SHAMANISM AS A SPIRITUAL PRACTICE FOR DAILY LIFE addresses the needs of contemporary people who yearn to deepen their own innate mystical sensibilities. This inspirational book shows how to develop a personal spiritual practice by blending elements of shamanism with inherited traditions and current religious commitments. Contents include: The central role of power animals and spirit teachers. Visionary techniques for exploring the extraordinary in everyday life. Elements of childhood spirituality including songs, secret hiding places, power spots, and imaginary power figures. A journey to an ancestral shaman to recover lost knowledge.

The Way of the Shaman

Caves of Power

Grande dizionario italiano dell'uso: Sf-Z

How the Aztec Calendar Predicted Modern-Day Events and Reveals a Pathway to a New Era of Humankind

New Age Religion and Western Culture

Join our plucky Victorian Egyptologist , together with her devastatingly handsome and brilliant husband Radcliffe, in another exciting escapade The irascible husband of Victorian Egyptologist Amelia Peabody is living up to his reputation as 'The Father of Curses'. Denied permission to dig at the pyramids of Dahshoor, Emerson is awarded instead the 'pyramids' of Mazghunah - countless mounds of rubble in the middle of nowhere. Nothing in this barren spot seems of any interest but then a murder in Cairo changes all of that. The dead man was an antiques dealer, killed in his shop, so when a sinister-looking Egyptian spotted at the crime scene turns up in Mazghunah, Amelia can't resist following his trail. At the same time she has to keep an eagle eye on her wayward son Rameses and his elegant and calculating cat and look into the mysterious disappearance of a mummy case...

“The key to health is on your face and in your hands” This book presents a self-care method unique in its genre, which offers extraordinary, sometimes amazing and often immediate results for all kinds of disharmony in the body. The method began life in 1980s Vietnam – like many important discoveries, a result of war and necessity – independent of resource availability. It was developed by a group of acupuncturists to put healing in the hands of the masses by replacing needles with equally effective blunt rounded tools. It is the most recent reflexology on the planet and has nothing to do with other oriental techniques related to the face. Today ‘Dien Chan’ is a popular and accepted method of healthcare in its home country and part of their official system. However, it is the work of two self declared Italian ‘free-sprits’, over the past twenty years, which has suitably translated the technique and advanced it to meet the needs of modern Westerners. No longer a painful stimulation of pre-defined points; it has evolved to a relaxing massage of zones and individual, personalised points. ‘Dien Chan Zone’ incorporates simplified principles and teachings of Traditional Chinese Medicine, protocols for allergies and intolerances, a unique Facial-Cranial reflexology and a beauty treatment to tone muscle and regulate skin function. It is the authors’ overriding intention to facilitate learning and to make this method accessible to everyone. In this book they share full instructions for self-treatment which they know present a great frontier of freedom, and the medicine of the future. Contains 95 full colour maps Beatrice Moricoli, founder of S.I.R.F.A./A.I.R.F.I. in Milan, is the first female teacher of Dien Chan (Zone) in Italy, but for many years has practiced also as a therapist and teacher of Reiki, Shiatsu, Tui Na, Chinese Medicine and ‘The Blowing Technique’. Vittorio Bergagnini, founder of S.I.R.F.A./A.I.R.F.I. in Milan, is a teacher of Dien Chan Zone as well as Tai Chi Chuan, Reiki, Foot Reflexoogy and Wung Chun.