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Yoga And Buddhism For Living  
***Awake In The World***  
An Engaged Life Michael Stone  
***Teachings From***  
***Yoga And Buddhism***  
***For Living An***

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***Engaged Life Michael  
Stone***  
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On a glorious fall day in 2012,  
while sitting in a garden graced  
by a statue of Mother Mary,

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Gina Lake heard Mother Mary  
address her: "You are my  
beloved child." This began an  
ongoing relationship and  
communication with Mother  
Mary. This free ebook, Ten  
Teachings for One World, is a

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message from Mother Mary to  
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all her beloved children on  
earth. The teachings are  
intended to bring us into closer  
contact with the peace and love  
that is our divine nature, which  
has the ability to transform our

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hearts and our world. Mother  
Mary's gentle wisdom will  
inspire and assist you in  
awakening to the magnificent  
being that you are. (Fifty  
percent of the profits from this  
book go to feeding the hungry.)

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In the groundbreaking book  
Awake in This Life, Michael  
McAlister offers an alternative  
path to uncovering an  
enlightened perspective amidst  
our busy lives.

Written by top practitioner-

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scholars who bring a critical yet empathetic eye to the topic, this textbook provides a comprehensive look at peace and violence in seven world religions. Offers a clear and systematic narrative with

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coverage of Buddhism,  
Christianity, Confucianism,  
Hinduism, Islam, Judaism, and  
Native American religions  
Introduces a different religion  
and its sacred texts in each  
chapter; discusses ideas of



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peace, war, nonviolence, and  
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permissible violence; recounts  
historical responses to violence;  
and highlights individuals  
within the tradition working  
toward peace and justice  
Examines concepts within their

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religious context for a better  
understanding of the values,  
motivations, and ethics involved  
Includes student-friendly  
pedagogical features, such as  
enriching end-of-chapter  
critiques by practitioners of

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other traditions, definitions of  
key terms, discussion questions,  
and further reading sections  
This book addresses the human  
fear problem by summarizing  
the teachings on fearlessness  
from around the world and

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throughout history and utilizing  
critical integral theory to  
categorize the developmental  
and evolutionary spectrum of  
fear management systems. An  
educational healing vision is  
offered to address challenges of

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a dangerous 21st century.

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Twenty-five years ago  
renowned Tibetan Buddhist  
meditation master Chogyam  
Trungpa Rinpoche introduced  
teachings of the Shambhala  
warrior tradition-teachings that

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show how we could live as  
enlightened citizens and help  
create an advanced society  
based on fearlessness and non-  
aggression. Now Awake Mind,  
Open Heart makes these  
teachings accessible to the

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widest possible audience.

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Author Cynthia Kneen, who has  
conducted Shambhala Training  
workshops for more than  
twenty years, shows us how to  
develop personal power  
through direct, genuine

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experience and how to cultivate  
natural bravery, authenticity,  
and gentleness. Directed  
especially to readers new to  
Shambhala Buddhism, she also  
teaches how to develop genuine  
dignity by connecting to the



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strength and wisdom of the  
world as it is, and how to  
transform fear into  
fearlessness. This is an  
invaluable introduction to these  
ancient Tibetan teachings.  
In an expressivist culture,

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effective engagement must  
acknowledge teenagers'  
freedom to choose their own  
spiritual path. Yet, in an  
evangelical theology, faithful  
formation must hold on to  
biblical authority. As we seek to

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engage young people with the  
Bible, key questions need to be  
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explored. Such questions  
include: how can pedagogical  
freedom be affirmed without  
undermining theological  
authority; and how can

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authority be asserted without  
diminishing personal freedom?

This study explores a  
freedom-authority dialectic in  
theological dialogue with the  
educational philosophy of  
Maxine Greene. Greene's

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reflection on the arts and the  
imagination are brought into  
conversation with insights from  
Charles Taylor, Garret Green,  
and Nicholas Wolterstorff. As a  
work of practical theology, the  
book concludes with a

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framework to shape the  
purpose, content, and values for  
Bible engagement in  
contemporary youth ministry.  
In this book, Marino Restrepo  
travels as deeply as he can into  
the heart of today's real

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Catholic Church. He explores  
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the spiritual state of the Church  
in her relationship with God  
and with her God-given  
responsibilities. The challenges  
to be faced are not simple and  
cannot just be left to resolve

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themselves over time. On the  
contrary, every single Catholic  
needs to become actively  
involved in healing the many  
wounds inflicted by the serious  
sins in the Church that have  
hurt millions of the faithful



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around the world. Times are difficult and the very heart of the Catholic Church has been contaminated at many levels since the great cultural and sociological shifts of the 60's. The author invites you to

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accompany him along his  
missionary path and to discover  
the true state of the spirit  
warfare confronting all  
Christians today.

“The Artist’s Way for the twenty-  
first century.” —Nancy

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Coleman, PhD, clinical  
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psychologist, writer, facilitator,  
and teacher Settle your mind,  
connect with the moment, and  
unleash your creativity with this  
unique and mindful art journal.  
In our demanding, fast-paced

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culture, it's increasingly  
important to find ways to  
decompress and recuperate  
from the busyness and stress of  
life. More and more,  
mindfulness and creativity are  
being recognized as antidotes

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to the speed and  
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overstimulation of modern  
society. This beautiful book  
combines the two, offering both  
creative and meditative  
practices to provide a guided  
journey into contemplative art

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for healing, relaxation, deeper connection, and greater well-being. Rather than focusing on any one medium or art form, this unique guide offers basic meditation instructions, and a variety of creative prompts and

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activities—from collage and  
coloring to meditative mark  
making and sketching to  
photography and perceptual  
exercises—making it perfect for  
anyone who wants to deepen  
and cultivate their mindfulness

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and creativity. With these  
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artistic and introspective  
practices, you'll put meditation  
into action, and learn to view  
yourself and your own creative  
process without judgment or  
aggression. Using Be, Awake,



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Create, you'll see beyond  
habitual patterns, discover the  
richness of your world, and  
recognize the ordinary magic of  
your own creativity, with  
greater freshness of expression  
and spontaneity. By cultivating

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awareness and allowing  
yourself to play in the open  
space of artistic creation, you'll  
come to discover all of the  
positive impacts mindfulness  
and creativity can have on  
every area of your life.

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Maharshi](#)

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[Beliefs, Rituals, and Symbols of](#)  
[the Modern World](#)  
[Awake in This Life](#)

This is the account of an American teenager who discovered a monastery in Tibet that was the inspiration for the

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legend of Shangri La. It might be categorized as a 'new age' or philosophy book, like the Celestine Prophecy, since it focuses on his spiritual training and their teachings in a novel-like format. Hard to believe, but interestingly, the sub-tropical region

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amongst the Himalayas that he describes finding, was later documented by explorers from National Geographic, then 'covered up' (there is still evidence of this). Also interesting is that the author was apparently mentioned in the Edgar Cayce readings

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(the famous American psychic whose books have sold millions of copies), as someone who would one day bring an important message to the world.

This book comprises of a choice collection of Swami Vivekananda's utterances culled from his numerous



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speeches and writings, arranged under  
44 suitable sections. It is a treasure  
house of thoughts of power to inspire  
and guide mankind in its march towards  
the Supreme Reality. Covering the  
entire cyclorama of ma's life and its  
evolutionary movement, the

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electrifying gospel of this great Swami includes within its fold everything that would go to inspire and awaken a drooping soul by reminding him of his infinite potentialities and inherent greatness, and making him move ahead on the difficult terrain of life and

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circumstances. This book is a must for all those who earnestly wish to move ahead in the grand march of life, infested with tremendous obstacles and difficulties, towards the state of Supreme Felicity. Published by Advaita Ashrama, a publication house of

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Ramakrishna Math, Belur Math, India.  
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BETWEEN AWAKE AND ASLEEP  
attempts to give the reader an insight  
into the hidden world around us. This  
“other world” is the place where we  
come from and the place we go back to  
when we die. We are always in contact

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with it, even though we may not be aware that we are. The author, who has researched and studied this subject for most of his eighty years, provides details of his own visits there. He shows by deductive logic that dreams are formed at the conjunction with this

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other world while we are asleep. He also explains some of the factors that limit our ability to gain knowledge about the universe and discusses the relevant teachings of Eastern and Western religions. By identifying and analyzing each type of contact he has

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experienced with the other world, he opens new avenues for research into what are now considered phenomena. James Laws became a student of "A Course in Miracles (ACIM)" in 1999 and continues to advance in its miraculous mind-training spiritual

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program. With individual help and support from Ken Wapnick, the leading teacher of the Course up until his passing in December 2013, Jimmy has given other Course students an opportunity to experience ACIM better than ever. All students of ACIM who



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read this book will gain insight into the  
wonderful happy teachings of "A  
Course in Miracles."

Awake, to worship with the morn, And  
consecrate thy day new-born Again at  
eve in prayer be found As shadows  
curtain earth around. The purpose of

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Awake My Heart is to aid in constant and practical communication with God and to present Christians with solid, thought-provoking devotional material. How can we live a balanced life in unbalanced times? How can the practices of meditation and yoga

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support our relationships, our work lives, and the greater good? Author, teacher, and psychotherapist Michael Stone presents the essential insights of mindfulness and yoga, emphasizing the teachings of simplicity and the interdependence of all life. Stone

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explains that the practices of yoga and meditation are not about escaping reality but about living fully in the here and now, opening to our experience, and gaining access to stillness within the flow of life. The essence of yoga and Buddhist practice is opening the

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heart—our own and the heart of the world. With that awareness, Stone encourages us to get involved in our communities, to speak out when we see wrongdoing, and to find ways of helping others.

Awake by A.W Tozer rings the

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"Spiritual" alarm clock with his  
Prophetic Preaching of Isaiah 52

“Awake, awake; put on thy strength, O Zion; put on thy beautiful garments, O Jerusalem, the holy city: for henceforth there shall no more come into thee the uncircumcised and the unclean. Shake

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thyself from the dust; arise, and sit  
down, O Jerusalem: loose thyself from  
the bands of thy neck, O captive  
daughter of Zion. For thus saith the  
Lord, Ye have sold yourselves for  
nought; and ye shall be redeemed  
without money.” [Isaiah 52:1-3]

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40 years of gray is about the next 15 years and the final generation who will witness the greatest event in the history of the world, the Second Coming and the 1000 year reign of Jesus Christ. How do I know, the Holy Spirit appeared in my living room and told me



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so. Very soon all of mankind will no longer be able to sit on the fence about the God of the Bible or the god of this world system, you must choose one! When God told Noah to build an Ark, He gave mankind a 100 year warning, is November 2018 the end of the 100 year

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warning this date is in the Bible. The  
Psalms 83 war tells about a future war  
where Israel is about to become the  
Middle East superpower, this war could  
start in 2016. Will the Jews place the  
second stone to the third temple in  
2017? November-06-2012 should be

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known as a national day of suicide,  
America has gone past the point of no  
return and will soon fall from its  
position as the world's leader, China the  
sleeping giant is about to make their  
move. Unfortunately for all of secular  
society time for avoiding the final pope

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#266 Peter the Roman who will rule during the 7 year tribulation is here.

God has numbered the days of Satan's kingdom, it is almost finished!

Democratic Socialism exposing one of the biggest secrets on planet earth!

Millions of people around the world

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believe in Extraterrestrials the rulers of  
darkness are about to be revealed to the  
human race. The human mind is being  
prepped for the STRONG  
DELUSION! Was the 2004 Boston Red  
Sox the greatest comeback of all times  
or was there one better? Female

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Ejaculation it's time to discuss what  
God was not ashamed to create!

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**Many of today's teenagers are tired of the pressure to compete and consume-and are looking for a different way to live their lives. This book offers an alternative: the 2,500-year old practice of Buddhism. Written in a style that will have immediate appeal to**

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young "seekers" and those wanting  
to understand the ancient  
teachings, this book addresses  
such relevant topics as peer  
pressure, emotional difficulties,  
stress, fostering peace, and even  
protecting the environment. For  
everyone looking for self-help, self-

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esteem, and self-awareness, this  
book offers advice on: •Discovering  
truth in a world of hype •Finding  
peace amid the ups and downs of  
life •Accepting ourselves •Working  
with difficult emotions •How to  
meditate •Dealing with temptations  
and making the right decisions

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**about sex and drugs •Advice on  
volunteering, working for peace,  
and protecting the environment  
More and more people are “waking  
up” spiritually. And for most of  
them, the question becomes: now  
what? “Information about life after  
awakening is usually not made**

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public,” explains Adyashanti. “It’s  
most often shared only between  
teachers and their students.” The  
End of Your World is his response  
to a growing need for direction on  
the spiritual path. Consider the  
book you hold in your hands  
Adyashanti’s personal welcome to

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**“a new world, a state of oneness.”**  
Adyashanti begins by describing  
the “I got it/I lost it” phenomenon  
that perplexes so many of his  
students—the fluctuation between  
what he calls “nonabiding”  
awakening and the ultimate state of  
“abiding” enlightenment. With

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straight talk and penetrating  
insight, Adyashanti then points out  
the pitfalls and cul-de-sacs that “un-  
enlighten” us along the journey,  
including the trap of  
meaninglessness, how the ego can  
“co-opt” realization for its own  
purposes, the illusion of superiority

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that may accompany intense  
spiritual breakthroughs, and the  
danger of becoming “drunk on  
emptiness.” “Full awakening comes  
when you sincerely look at yourself,  
deeper than you’ve imagined, and  
question everything,” teaches  
Adyashanti. **The End of Your World**



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is your invitation to join Adyashanti  
for an honest investigation of what  
you really are—and how to live once  
you discover it. Contents Chapter  
One: Exploring Life After  
Awakening Chapter Two: Authentic  
Awakening—And the Disorientation  
That Can Follow Chapter Three: “I

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Got It, I Lost It” Chapter Four: We  
Come to Nirvana by Way of  
Samsara Chapter Five: Coming  
Completely Out of Hiding Chapter  
Six: Common Delusions, Traps, and  
Points of Fixation Chapter Seven:  
Life Itself Holds Up a Mirror for Our  
Awakening Chapter Eight: The**

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Chapter Nine: When Awakening  
Penetrates the Mind, Heart, and Gut  
Chapter Ten: Effort or Grace?  
Chapter Eleven: The Natural State  
Chapter Twelve: The Story of the  
Wedding Chapter Thirteen: An  
Interview With Adyashanti Excerpt**

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**There's a phenomenon happening  
in the world today. More and more  
people are waking up—having real,  
authentic glimpses of reality. By  
this I mean that people seem to be  
having moments where they  
awaken out of their familiar senses  
of self, and out of their familiar**

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senses of what the world is, into a  
much greater reality—into something  
far beyond anything they knew  
existed. These experiences of  
awakening differ from person to  
person. For some, the awakening is  
sustained over time, while for  
others the glimpse is momentary—it

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**may last just a split second. But in  
that instant, the whole sense of  
“self” disappears. The way people  
perceive the world suddenly  
changes, and they find themselves  
without any sense of separation  
between themselves and the world.  
It can be likened to the experience**

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**of waking up from a dream—a dream  
you didn't even know you were in  
until you were jolted out of it. In the  
beginning of my teaching work,  
most of the people who came to me  
were seeking these deeper  
realizations of spirituality. They  
were seeking to wake up from the**

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limited and isolated senses of self  
they had imagined themselves to  
be. It's this yearning that underpins  
all spiritual seeking: to discover for  
ourselves what we already intuit to  
be true—that there is more to life  
than we are currently perceiving.  
But as time has passed, more and



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**more people are coming to me who  
have already had glimpses of this  
greater reality. It is because of them  
that I am giving the teachings of  
this book.**

**What if you could dream 24 hours a  
day, even while awake? According  
to innovative psychotherapist**

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**Arnold Mindell, Ph.D., we already  
do. The seeds of dreaming arise in  
every moment of the day, in body  
symptoms, problems, relationships,  
subtile feelings, interactions,  
random thoughts, and fantasies.  
We're getting countless little cues  
from the unconscious every minute.**

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**All are signs from the world of  
dreaming. And, according to  
Mindell, we can be in this state of  
lucid dreaming all day long. In  
Dreaming While Awake, Mindell  
shows how to become aware of  
these "flirts" from the dreamworld  
and how to interpret their message.**

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**The goal, he says, is to be wide  
awake and lucid 24 hours a day in  
the midst of this unending  
dreamfield of information.  
Practicing 24-hour lucid  
dreaming:Helps you solve personal,  
physical, and emotional  
problemsServes as a preventive**

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**medicine for relationships and  
health, helping you catch the  
earliest warning signs before they  
turn into problemsHelps resolve  
conflicts in relationships, families,  
large groups, corporations, even  
politics Dreaming is the mystical  
source of reality, says Mindell. "My**

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**goal is to make the Dreaming roots  
of reality so accessible, so visceral,  
that your conscious mind will give  
you back your right to dream."**

**"The Rosicrucian Mysteries: An  
Elementary Exposition of Their  
Secret Teachings" by Max Heindel.  
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With an honest and humorous



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**voice, I detail my otherworldly, gut-wrenching, and heart opening adventures in spiritual awakening, emotional healing, and intuitive development. This is the book I needed but never found on my own seventeen year path. It is a glimpse beyond the veneer of spiritual**

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**perfection into the living, breathing  
heart of reclaiming our wholeness.  
It is intended to affirm our faith in  
the benevolence of life, align us  
with the voice of our heart, and  
redeem the suffering that breaks  
our hearts open to compassionate  
service. I couple my story with**

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**poems that transcend the linear  
mind and Tarot symbology to evoke  
the universal nature of our journey  
Home. Much of the narrative takes  
the form of conversational  
dialogues with friends, boyfriends,  
healers, astrologers, therapists and  
unseen beings. By detailing my own**

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experiences with past lives,  
astrology, Tarot, intergenerational  
healing, plant medicine, inner child  
work, trauma therapy, energy work,  
channeling, and starseeds, Awake  
illuminates how embodiment  
transcends the meditation cushion.  
It galvanizes a wholehearted

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**embrace of the messiness,  
fierceness, and grace of life as vital  
parts of the journey to liberation.  
Drink it in. Let it teach you how to  
transmute or die.**

**While to most of the world L.A.  
represents all that is superficial,  
deep at its core L.A. is the world**

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**center of spiritual awakening, the  
cutting edge of as-far-West-as-you-  
can-go. Pull up a chair or get in  
your car and be ready to tour: this  
book has it all. You'll visit people  
and places much to your liking, and  
some you'll wish you'd never met.  
You'll learn a little history, some**

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**philosophy, and hopefully gain a  
smattering of enlightenment. Come,  
let me share with you the treasures  
and delights of what we all adore:  
our wild and wonderful city, L.A.,  
full of shakti and love.  
The human heart forms the  
essential link between body and**

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spirit. In Heart Open, Body Awake,  
master somatics teacher Susan  
Aposhyan presents a simple yet  
richly detailed four-part practice to  
experience this link in all its  
unfolding wonder: opening our  
hearts, feeling our bodies, allowing  
ourselves to move and be moved,**



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and connecting with the world in its  
fullness. Aposhyan weaves  
together insights from a range of  
scientific, psychological, and  
spiritual traditions to present a  
practical path toward embodied  
spirituality. Beautiful anatomical  
illustrations help readers to

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**visualize the body systems,  
processes, and movements  
described in the book. Through the  
practices offered in Heart Open,  
Body Awake, your sense of spiritual  
wellness can become as near and  
palpable as your sensitive, beating  
heart.**

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**To be asleep is to be oblivious to  
being oblivious. The danger of  
sleep is the danger of carbon  
monoxide: it's colorless and  
odorless, and you're anesthetized  
before you know it—before you ever  
hit the floor. And for the follower of  
Jesus, it's just as**

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dangerous—because the Christian  
who is “asleep” is spiritually  
unreceptive. If anything will be our  
undoing, sleep will. In this  
thoughtful, engaging, challenging  
book, Rick James dives deep into  
the New Testament’s teachings on  
spiritual wakefulness, calling Christ-

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**followers to defy the darkness and  
remain awake as they await  
Christ's return. Because being  
awake—continually in prayer,  
watchful for God's will, expectant  
of open doors, cautious of sin,  
desiring to serve, eager to repent,  
continuously giving thanks, willing**

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to witness, embracing of humility,  
overflowing with kindness,  
persevering in obedience—changes  
everything.

**[Guide to Spiritual L.A.: The  
Irreverent, the Awake, and the True  
Buddhism for the New Generation  
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recovering the Church's  
traditional mission will  
re-energise its witness  
in such areas as  
philosophy, ethics,  
aesthetics, the family,*

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the forces of mainstream  
culture, this volume  
will enlighten and  
embolden all those*

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renewal of Christendom  
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that makes the spiritual  
and ethical teachings of  
the yogic tradition*

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*immediately relatable to*  
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*our practice on the*  
*mat--and in our everyday*  
*relationships and*  
*activities. Now revised*  
*and updated. "There is*  
*no daily practice*

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*without some formal  
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training; and there is  
no deep spiritual  
training without the  
mess of relational life.  
The two are one," says  
Michael Stone. This*

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*wise, accessible*  
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*guide—now revised and*  
*updated—makes the*  
*spiritual and ethical*  
*teachings of the yogic*  
*tradition immediately*  
*relatable to our*

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*practice on the mat and*  
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*in our everyday*  
*relationships and*  
*activities. Stone draws*  
*from numerous*  
*disciplines—including*  
*Buddhism and*

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*psychotherapy—to provide  
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an in-depth, completely  
clear explanation of  
yogic philosophy, along  
with teachings on how to  
work with the conditions  
of our life and fully*



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*appreciate yoga as a  
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practice of being*

*intimate with moment-to-  
moment reality.*

*As the author of more  
than 20 books on the  
world's spiritual*

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*traditions, Tim Freke is  
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in a unique position to  
present a revolutionary  
new approach to  
spiritual awakening.  
With astonishing clarity  
and directness he*

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*explains why popular*  
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*spiritual teachings that*  
*urge us to reject the*  
*mind, attack the ego and*  
*detach from the*  
*vicissitudes of life are*  
*misguided. Using the*

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*powerful tool of*  
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*'paralogical thinking,'*  
*he reveals that everyone*  
*has both a 'deep I' and*  
*a 'personal self'. The*  
*deep I is our spiritual*  
*essence, which is one*

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*with everyone and  
everything. We*

*experience the deep I as  
a feeling of limitless  
love. The personal self  
by contrast is our  
tender humanity; it*

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*feels pleasure and pain,  
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hope and heartache, love  
and loss. The personal  
self feels separate from  
the world. Tim's  
powerful paralogical  
insights reveal that the*

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*personal self is not an  
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obstacle to our  
spiritual essence which  
must be overcome but  
rather a doorway to the  
deep I. Indeed, it is  
only through the*

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*personal self that we  
can find and then embody  
the deep I in our lives.  
The ego is not the  
villain but rather the  
hero of the spiritual  
journey. When we are*



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*deep awake, we wake up  
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to oneness and celebrate  
separateness. We embrace  
both our spirituality  
and our humanity.  
Authentic spirituality  
is not about detaching*

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*ourselves from life, but  
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about wholeheartedly  
diving in so that we can  
express our deep love  
and our unique human  
passion in the world.  
Waking is a natural*

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*shift from*  
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*unconsciousness to*

*awareness. Falling awake  
is a special case of  
waking where we relax  
out of old patterns,  
ease out of resistance,*

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*and surrender to the  
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grace and love that are  
always present beneath  
the surface of  
appearances. Although  
falling awake, like  
falling asleep, cannot*

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*be forced, it can be*  
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*prepared for.*

*Integrating perspectives  
from physical, social  
and psychological  
sciences, philosophy,  
religion and energy*

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*on many years of*  
*experience as a teacher,*  
*counsellor and Buddhist*  
*monk, Blattner takes us*  
*step by step into an*  
*expanded understanding*

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*of the universe in which  
we live, the mind/body  
system that we call  
"self," and that which  
may lie beyond. With  
gentleness and kindness,  
Falling Awake shows us*

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*how to move beyond the  
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programs and limiting  
belief systems that  
support the problems in  
our lives, and awaken  
into an increasingly  
gentle, joyful, and*



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*expanded experience of  
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what kind of church  
Beloved church is. If  
you read this one book,  
you will be able to*

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*grasp the truth about  
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Beloved Church, and will  
be able to evaluate the  
church correctly. Even  
if you may not be  
interested, you must  
still read this book.*

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book is a precious book  
that shows pastors the  
true way to revival, and  
all believers, the right  
path to Christian life.*

*Awake in the*

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*"Nature deficit  
disorder" has become an  
increasingly challenging*

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*Awake in the Wild, Mark*  
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*widespread malady by*  
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meditation relating to  
such topics as Attuning  
to the Natural World,*

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the Inner Noise, Freeing  
the Animal Within,  
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more. Incorporating  
anecdotes from the  
author's many nature  
retreats, Buddhist  
wisdom and teachings,  
important nature*

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*writings by others, and  
nature itself, the book  
invites readers to  
participate in, not just  
observe, nature; develop  
a loving connection with  
the earth as a form of*

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*decrease urban*  
*alienation through*  
*experiencing nature;*  
*embody nature's peaceful*  
*presence; and connect*  
*with ancient spiritual*

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*meditations.*

*The body is of course  
integral to meditation,  
but there are only a few  
books that focus this  
specifically on the body*

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*You Are addresses that*  
*need, and additionally*  
*integrates psychological*  
*concepts, which provides*  
*a more familiar entry*

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*point for people less  
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familiar with Buddhism.*

*“Embodied awareness is  
the way back  
home—intimacy with where  
and how we are right  
now, with what is*

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*happening and how we are  
meeting it. My intention  
is to lead you into the  
heart of your life.  
Inside your body, where  
everything  
happens—within a quality*

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*of listening rather than  
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knowledge, of feeling  
rather than reaction.  
This meditative practice  
is radically  
transformative.” –Martin  
Aylward In a world*



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*obsessed with goals and  
performance, we end up  
being disconnected from  
ourselves. This book  
invites us to go inward  
and descend into our  
bodies. It teaches us to*

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*inhabit our sensory*  
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*experience carefully—and*  
*literally brings us back*  
*"into our skin." Aylward*  
*writes with*  
*sophisticated subtlety*  
*as well as the heart—*

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dying. It's about life

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and what life has to  
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teach us. It's about  
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well as doctors,  
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chaplains, caregivers  
and even poets offer  
wisdom that will  
challenge, uplift,  
comfort—and change the  
way we think about

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inspire, counsel, and

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the topic of



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Wide Awake reveals that  
there is no set path for  
enlightenment, yet we  
are all capable of  
achieving it. Some of  
the contributors stress

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that we already are  
enlightened, but have  
not yet become aware of  
it. Those interviewed  
include Matthew Fox,  
Alan Cohen, Rev. Michael  
Beckwith, Catherine

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Ingram, Lama Surya Das,  
An Engaged Life Michael Stone  
Saniel Bonder, Isaac  
Shapiro, Arjuna Nick  
Ardagh, Satyam, Nadeen,  
Dasarath, Neelam, Akash,  
Wayne Liquorman, Howard  
Raphael Cushner and

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Antonio Duncan.  
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The philosophy of  
Advaita or Non Duality  
has become, along with  
Buddhism, one of the  
most popular spiritual  
paths being pursued by

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those interested in  
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enlightenment today.

During the past three  
decades, Advaita has  
become more widely  
recognized in the West  
through the ever growing

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popularity of Ramana  
Maharshi. His point of  
view has for its aim  
Self-realization. The  
central path taught in  
this philosophy is the  
inquiry into the nature

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of Self, the content of  
the notional 'I-  
thought'. Carl Jung  
wrote of Ramana: "Sri  
Ramana is a true son of  
the Indian earth. He is  
genuine and, in addition

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to that, something quite  
phenomenal. In India he  
is the whitest spot in a  
white space. What we  
find in the life and  
teachings of Sri Ramana  
is the purest of India;



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with its breath of world-  
liberated and liberating  
humanity, it is a chant  
of millenniums.” The  
core of Ramana’s  
teachings are presented  
herein; also included

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are three Ramana  
classics: Who Am I?,  
Self Enquiry, and  
Spiritual Instruction.  
Learn about the  
ethereal, the other-  
worldly, and the unknown

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of the twentieth and  
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twenty-first centuries  
in this fascinating look  
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the modern world.  
You may be white, but  
that doesn't mean you

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have no culture.

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Charting his own journey  
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white identity, Daniel  
Hill shows us the seven  
stages we encounter on  
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awakening. This timely  
book will give you a new  
perspective on being  
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you to be an agent of  
reconciliation in our  
increasingly diverse and

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