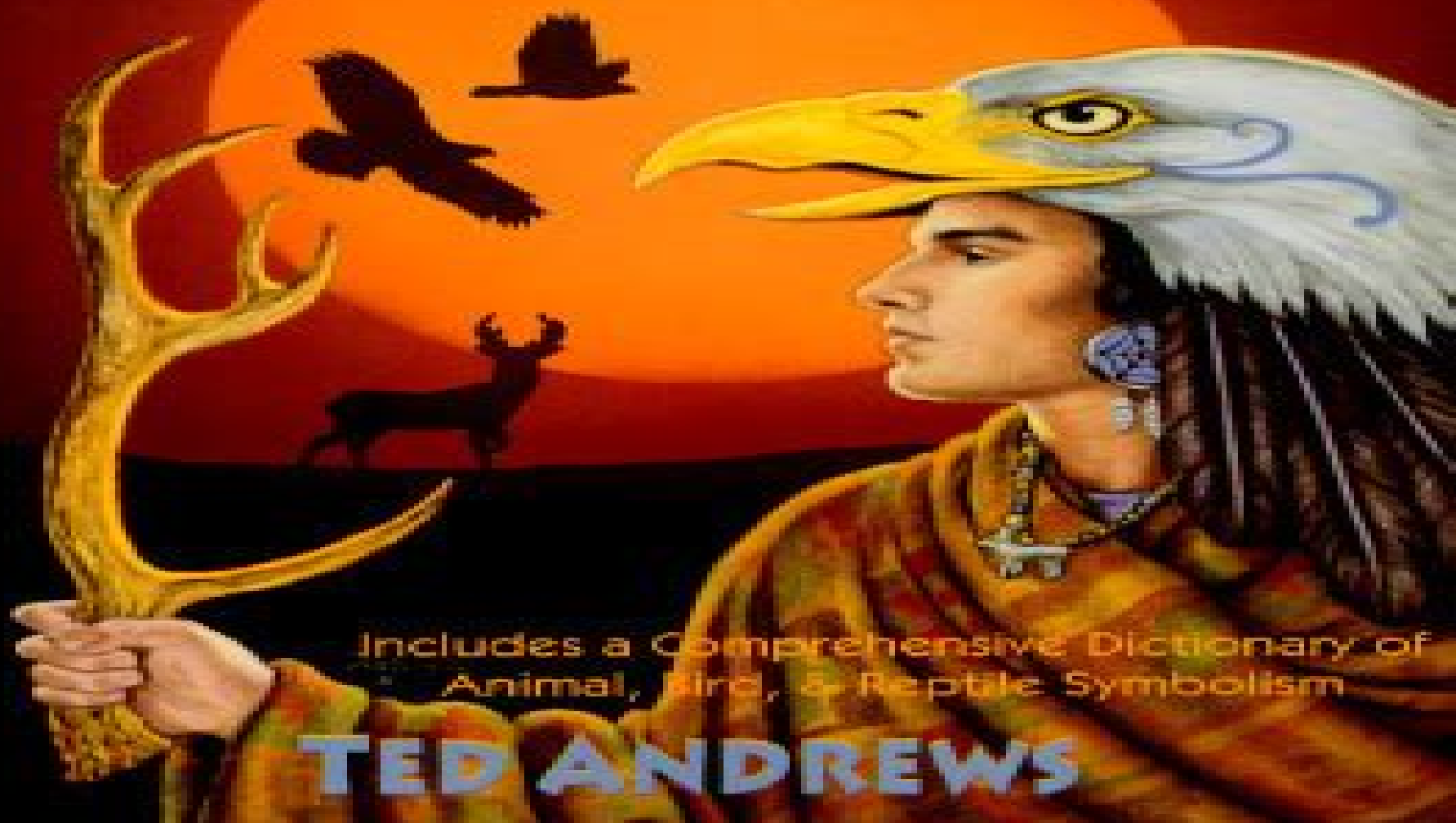


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Animal-speak Ted Andrews,1993 *Animal Speak* Ted Andrews,2010-09-08 Open your heart and mind to the wisdom of the animal world Animal Speak provides techniques for recognizing and interpreting the signs and omens of nature Meet and work with animals as totems and spirit guides by learning the language of their behaviors within the physical world Animal Speak shows you how to Identify meet and attune to your spirit animals Discover the power and spiritual significance of more than 100 different animals birds insects and reptiles Call upon the protective powers of your animal totem Create and use five magical animal rites including shapeshifting and sacred dance This beloved bestselling guide has become a classic reference for anyone wishing to forge a spiritual connection with the majesty and mystery of the animal world

Awakening To Me Kerri Hummingbird Sami,2014-06-07 Awakening To Me is the Category Winner in 2014 The Indie Spiritual Book Awards and 2015 Pinnacle Book Achievement Awards It is a story of personal metamorphosis written over the course of several years in real time as life unfolded and lessons were learned It is a work of naked truth about Kerri Hummingbird s struggles with borderline personality disorder recovering from divorce after a 20 year marriage and seeking love from outside herself The story documents how alternative healing methods shamanic energy medicine and reiki and mindfulness practices Yoga and Toltec wisdom led to an amazing transformation that arguably negates the former psychological diagnosis Kerri shares her story so that others may witness that with dedication faith and a willingness to shine a light into the shadows challenges can be overcome and lasting inner peace and self love can be cultivated Let Kerri s story and her heartfelt recommendations for self help inspire you to begin your own journey of healing Kerri s raw courage and vulnerable transparency blaze a trail for any woman on a healing journey Awakening to Me is a magnificent book that takes us behind the scenes of transformation and shows how even the most difficult situations can be the fodder for finding oneself Let Kerri s book guide you to find your independence and self love HeatherAsh Amara author of The Toltec Path of Transformation and Warrior Goddess Training In Awakening To Me Kerri shares her intimate and difficult personal and spiritual journey to identify and express her authentic being into the world Her story is engaging sometimes disturbing yet with a clear underlying thread of compassion for herself and others also engaged in their own struggle with borderline personality disorder In her words she seeks to give voice to those who have no voice Her life voyage takes her through light and darkness to amazing heights and agonizing lows In her world travels she meets with some of the teachers who have helped shape the views of spiritual development for a generation Each has something to share with her that may shed light upon your own path as well It has been my pleasure and honor to walk with Kerri through some of her journey I heartily recommend this book to you as a tool for your own amazing self exploration Among these pages you will find a courageous and dedicated explorer of life and spirit Gerry Starnes M Ed author of Spirit Paths The Quest for Authenticity This powerful book intensely and beautifully expresses the internal world of someone with Borderline Personality Disorder The author takes

us on a tour of her internal emotional world the depths of despair the emptiness and frantic efforts to find love Ms Hummingbird takes us with her on the journey toward internal independence and core stability what works and what doesn't From her personal work she provides suggestions exercises and quotes This book will be of profound use to anyone with this diagnosis their family members therapists and allies In fact I'd also recommend it for those diagnosed with Post Traumatic Stress Disorder or who have symptoms of Bipolar Disorder But in truth we can all benefit from reading this book Awakening to Me is an invitation to self honesty persistence in seeking meaningful help and the long work of sustained effort This book is well written and well organized but it is the author's honesty and insight that makes it powerful Her emotions and thoughts the related beliefs are clearly described These are in turn related to events in Ms Hummingbird's history into present relationships and dynamics in a manner that doesn't lose the reader in her internal world Instead we understand ourselves better our friends and family members We understand better what it means to be human Category Judge Indie Spiritual Book Awards 2014

The Healer's Manual Ted Andrews, 2025-08-05 You Are a Healer Your body has tremendous potential for restoring itself to health Using simple and effective vibrational healing techniques from bestselling author Ted Andrews you can restore your body's natural flow of energy Did you know that a certain Mozart symphony can ease digestion problems Or that swelling often indicates being stuck in outworn patterns Most diseases have a metaphysical origin When your emotions and thoughts are unbalanced your physical energy is depleted and you become more susceptible to illness or injury Now you can get to the core of a problem and heal it Ted Andrews shows you how to work with etheric touch color sound herbs fragrance and your chakras to achieve a state of vibrant well being This beginner friendly guide will help you bring more light energy and health into your life and the lives of all you touch

The Vodou Quantum Leap Reginald Crosley, 2000 CROSS THE BRIDGE In this unique synthesis of African Haitian spirituality Western religion Eastern mysticism and modern science Dr Crosley presents Vodou as a metaphysical experience a bridge to parallel universes and mystical dimensions confirmed by the eerie tenets of quantum physics TAKE THE VODOU QUANTUM LEAP Explore the deep secrets of Vodou Santeria and Candomble Discover how to become a Master of Spirits Traverse the strange dimensions of reality that have been revealed by twentieth century science Experience the same rapture found in other major world religions such as Taoism Buddhism and Hinduism If you have previously equated Vodou with witchcraft and idolatry this guide will reveal the complexity and sophistication of Vodou and African Haitian spirituality cross the bridge

The Sacred Spiral Dracaena Paxx, 2015-04-08 This book is meant to illustrate the unification of all paths truly is essential in creation Separateness is a human idea Empowerment Honor and fairness in mysticism are what this book entails The Draconic path is ONLY a model for these many philosophies and part of the whole Dracaena truly feels all paths are valid and correct Over the years working with many people she has realized many people worldwide KNOW the same thing or aspects thereof The purpose of this book is to give empowerment to all and state the true validity of the All A truly Spiritual being will NEVER ridicule or put down

another for doing so is arrogant and dishonorable to that being

Animal Frequency: What Are Your Power Animal Spirit Guides Trying to Tell You? Identify, Attune, and Connect to the Energy of Animals Melissa Alvarez, 2023-02-06 Have you ever had a specific animal suddenly appear over and over again and wondered if it meant something or the animal had a message for you Maybe you saw the animal in person and then heard it mentioned on the radio television or online and then picked up a magazine and see a picture of it in there too When this happens your animal guides also called spirit animals or totem animals which Melissa Alvarez refers to as your energy animals are trying to send you a message to help in your current circumstances Every animal just like every person has their own unique frequency and energy vibration When they suddenly appear repeatedly you can use the process of Animal Frequency a heart to heart Divine connection to communicate with them receive their messages and understand their role in your spiritual development Animal Frequency is a reference book that will help you discover the energetic power of animals and will teach you how to connect with them to receive their messages connect with their frequencies which will aid in your own spiritual growth This second edition of Animal Frequency is an easy to use reference guide containing encyclopedic listings for nearly two hundred wild domestic and mythical animals has instructions visualizations and easy techniques that will help you build solid relationships with your energy animals This book teaches you the process of Animal Frequency so you can do readings with the animals and with your pets as well Animal Frequency Oracle cards designed by Melissa Alvarez are also available from the author s website at MelissaA.com

Multiple Knowledges. Learning from/with Other Beings Joanna Godlewicz-Adamiec, Paweł Piszczatowski, Justyna Włodarczyk, Piotr Kociumbas, 2022-04-11 This issue of Transpositiones showcases a range of interdisciplinary and critical approaches to classic and alternative conceptions of cognition and sources of knowledge The articles reflect on the many types of sensory and extrasensory knowledge available to non human beings and wonder whether and in what ways can we as humans perceive conceptualize and respect these knowledges The authors highlight how the existence of multiple knowledges questions species boundaries and onto and epistemological perspectives in the process of learning not only about other beings but also from and along with them This selection of texts attempts to contribute to overcoming the anthropocentric perception of subjectivity and to the abandoning of an optics based on the dualisms of nature and culture spirit and matter subject and object animate and inanimate nature physis and techne etc which are so firmly entrenched in the Western intellectual tradition

Crows and Ravens Rick de Yampert, 2024-03-08 Exploring history folklore mythology and science this book gives you a unique look at two of the most popular magical creatures of all time The crow and his cousin the raven are featured players in many cultures throughout the world including Norse Celtic Jewish and Indigenous traditions This guide teaches you how to welcome these highly intelligent birds into your own spiritual practice whether you follow Wicca Heathenry Druidry or any other path Crows and Ravens presents rituals meditations and exercises that help you discover the magic and mystery of corvids Learn about crow and raven divination create your own crow raven

talismans uncover the shadowy side of corvids and more Found in nearly all urban and wild environments these birds present you with magical opportunities and life lessons wherever you go **True Magick** Amber K, 2006 This revised and expanded anniversary edition features the same delightful introduction to the history and lore of magic as the first edition of the little green book published 15 years ago

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