

## **A New Earth Awakening To Your Lifes Purpose Oprahs Book Club Selection 61**

Living Life In Light: A Yogi's Journey Zen and the Art of Happiness Mind Hacking Stillness Speaks Summary of A New Earth Guardians of Being This Book Will Change Your Life The Wisdom Codes How to Be Ultra Spiritual What I Know For Sure The Awakening Earth Extended Summary Of A New Earth: Awakening Your Life's Purpose - Based On The Book By Eckhart Tolle Earth is Hiring A New Earth The Heart of the 5 Love Languages (Abridged Gift-Sized Version) 10th Anniversary Edition The Life You Can Save Homecoming How to Sell Yourself A New Earth by Eckhart Tolle (Summary) Summary of A New Earth Eckhart Tolle - Awakening to Your Life's Purpose Awakening Earth The Wisdom of Sundays Kaizen Zen Mind, Beginner's Mind The Leap Outwitting the Devil Discover the Power Within You Close Your Eyes, Sleep A New Earth, An Old Deception Practicing the Power of Now A New Earth (Oprah #61) A New Earth Inspiration Deck Happy Right Now Secrets of the Lost Mode of Prayer Oneness with All Life The Seat of the Soul The Power of Now The Seat of the Soul The Three Waves of Volunteers & the New Earth Mass Awakening

### **Living Life In Light: A Yogi's Journey**

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Presents a humorous collection of 365 suggestions for changing an otherwise mediocre life.

### **Zen and the Art of Happiness**

Could our deepest hurts reveal the key to a powerful form of prayer that was lost 17 centuries ago? What can we learn today from the great secret of our most cherished traditions? "There are beautiful and wild forces within us." With these words, the mystic St. Francis described what ancient traditions believed was the most powerful force in the universe – the power of prayer. For more than 20 years, Gregg Braden has searched for evidence of a forgotten form of prayer that was lost to the West following the biblical edits of the early Christian Church. In the 1990s, he found and documented this form of prayer still being used in the remote monasteries of central Tibet. He also found it practiced in sacred rites throughout the high deserts of the American Southwest. In this book, Braden describes this ancient form of prayer that has no words or outward expressions. Then, for the first time in print, he leads us on a journey exploring what our most intimate experiences tell us about our deepest beliefs. Through case histories and personal accounts, Braden explores the wisdom of these timeless secrets, and the power that awaits each of us . . . just beyond our deepest hurt!

## **Mind Hacking**

In this elegant new card deck, Eckhart Tolle distills the wisdom of his bestselling book *A New Earth* into short, carefully chosen passages for contemplation and inspiration. Each selection reinforces the principles of the book, leading us toward personal and, ultimately, global transformation. Tolle's sage guidance will help you transcend ego-based mind-sets to awaken to your life's purpose and achieve a genuine state of peace. These powerful quotations will free you from the confines of the ego and help you experience your true essence as well as the true essence of the world. This process is not only essential to personal happiness but also the key to ending conflict and suffering throughout the world. The box includes a prop-up frame that allows you to display a favorite card or a rotation of cards for ongoing, deeper reflection. With each card, Tolle guides you to embrace stillness and remain fully present in each moment, awakening to a new consciousness.

## **Stillness Speaks**

Oprah Winfrey says *Super Soul Sunday* is the television show she was born to do. “I see it as an offering,” she explains. “If you want to be more fully present and live your life with a wide-open heart, this is the place to come to.” Now, for the first time, the aha moments of inspiration and soul-expanding insight that have

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enlightened millions on the two-time Emmy Award-winning Super Soul Sunday are collected in *The Wisdom of Sundays*, a beautiful, cherishable, deeply-affecting book. Organized into ten chapters—each one representing a powerful step in Oprah’s own spiritual journey and introduced with an intimate, personal essay by Oprah herself—the *Wisdom of Sundays* features selections from the most meaningful conversations between Oprah and some of today’s most-admired thought-leaders. Visionaries like Tony Robbins, Arianna Huffington, and Shonda Rhimes share their lessons in finding purpose through mindfulness and intention. World renowned authors and teachers like Eckhart Tolle, Thich Nhat Hahn, Marianne Williamson and Wayne Dyer, explain our complex relationship with the ego and the healing powers of love and connection; and award-winning and bestselling writers like Cheryl Strayed, Elizabeth Gilbert, and Elizabeth Lesser explore the beauty of forgiveness and spirituality. Paired with beautiful photographs, including many from Oprah’s private property in California where each episode of Super Soul Sunday is filmed, *The Wisdom of Sundays* promises to be a timeless keepsake that will help readers awaken to life’s wondrous possibilities and discover a deeper connection to the natural world around them.

### **Summary of A New Earth**

Originally published in 1982 *The Awakening Earth* explores the idea of the Earth as a collective, self-regulatory living organism, and considers in this context, the

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function of the human race. The book provides an exploration of humanity's potential and explores the possibility of mankind's evolutionary future. Drawing on the work of physicists, psychologists, philosophers and mystics, the book argues that humanity is on the verge of another evolutionary leap and explores evolution in the context of spiritual growth, arguing that widespread inner awakenings could lead to a more analogous society, functioning as a single social super-organism, much in the way cells in a body function as a biological organism.

### **Guardians of Being**

Explores a new phase of human evolution that reflects a growing understanding about authentic, spiritual power based on cooperative beliefs and a reverence for life.

### **This Book Will Change Your Life**

Eckhart Tolle's A New Earth will be a cornerstone for personal spirituality and self-improvement for years to come, leading readers to a new levels of consciousness and inner peace. Taking off from the introspective work The Power of Now, which is a number one bestseller and has sold millions of copies worldwide, Tolle provides the spiritual framework for people to move beyond themselves in order to make

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this world a better, more spiritually evolved place to live. Shattering modern ideas of ego and entitlement, self and society, Tolle lifts the veil of fear that has hung over humanity during this new millennium, and shines an illuminating light that leads to happiness and health that every reader can follow.

### **The Wisdom Codes**

As a creative force, student of the human heart and soul, and champion of living the life you want, Oprah Winfrey stands alone. Over the years, she has made history with a legendary talk show - the highest-rated program of its kind, launched her own television network, become the nation's only African-American billionaire, and been awarded both an honorary degree by Harvard University and the Presidential Medal of Freedom. From all her experiences, she has gleaned life lessons—which, for fourteen years, she's shared in O, The Oprah Magazine's widely popular "What I Know For Sure" column, a monthly source of inspiration and revelation. Now, for the first time, these thoughtful gems have been revised, updated, and collected in What I Know For Sure, a beautiful cloth bound book with a ribbon marker, packed with insight and revelation from Oprah Winfrey. Organized by theme—joy, resilience, connection, gratitude, possibility, awe, clarity, and power—these essays offer a rare, powerful and intimate glimpse into the heart and mind of one of the world's most extraordinary women—while providing readers a guide to becoming their best selves. Candid, moving, exhilarating, uplifting, and

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frequently humorous, the words Oprah shares in What I Know For Sure shimmer with the sort of truth that readers will turn to again and again.

### **How to Be Ultra Spiritual**

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

### **What I Know For Sure**

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every

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heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. *Guardians of Being* celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

### **The Awakening Earth**

Extended Summary Of A New Earth: Awakening Your Life's Purpose - Based On The Book By Eckhart Tolle Do you feel lost? Do you feel like you can't find your way to happiness? Discover how to live your life and achieve your personal fulfillment. What will you learn? You'll understand why society has become violent and out of control. You'll start to see the path to change and improve the world. You'll be able to define your life's purposes, which will be your guide along the way. You'll learn to accept others, to change what is in your hands to be modified and to enjoy a happy life. About the original book This work shows us that there's a possibility for building a better world for us to live happily. The starting point is to understand who we are and what our purpose in life is. The key is to achieve a personal transformation to discover our deepest being, the one that remains free from the destructive ego. Content Chapter 01: Agony Or Transformation? Overcome Your

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Ego And Change The World Chapter 02: The Madness Of Oneself And That Of Others Chapter 03: A Change Of Conscience Is A Change In The Way Of Acting Chapter 04: In Search Of The Solution Chapter 05: The Root Of The Problem - The Ego Chapter 06: Looped With The Ego: "My" Chapter 07: We Aren't Our Roles Chapter 08: The Ego And The Body Of Pain Chapter 09: Accept This Chapter 10: The Shadow That Lives In You Chapter 11: Harmonize Your External And Internal Objective Chapter 12: Accept And Enjoy. Two Key Actions For An Enlighted Life

About Mentors Library Books are mentors. Books can guide what we do and our lives. Many of us love books while reading them and maybe they will echo with us a few weeks after but 2 years later we can't remember if we have read it or not. And that's a shame. We remember that at that time, the book meant a lot to us. Why is it that 2 years later we have forgotten everything? That's not good. This summary is taken from the most important themes of the original book. Most people don't like books. People just want to know what the book says they have to do. If you trust the source you don't need the arguments. So much of a book is arguing its points, but often you don't need the argument if you trust the source you can just get the point. This summary takes the effort to distill the blahs into themes for the people who are just not going to read the whole book. All this information is in the original book.

### **Extended Summary Of A New Earth: Awakening Your Life's**

## **Purpose - Based On The Book By Eckhart Tolle**

The 10th anniversary edition of A New Earth with a new preface by Eckhart Tolle. With his bestselling spiritual guide The Power of Now, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In A New Earth, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, A New Earth is a profoundly spiritual manifesto for a better way of life—and for building a better world.

## **Earth is Hiring**

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of A New Earth When Oprah announced A New Earth as her 61st Book Club selection, it skyrocketed to #1 on the New York Times bestseller list, selling over five million copies in paperback and remaining at the top of the list for twenty-two consecutive weeks . In A New Earth, renowned spiritual teacher

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Eckhart Tolle describes how our current ego-based state of consciousness operates. The purpose of this book is to bring about a shift in consciousness, or in his words, an awakening. An essential part of this awakening is the recognition of the ego, and our attachment to things, the past, and enemies. In *Oneness With All Life*, Eckhart Tolle has picked the essential phrases and paragraphs-the gems of the book-that he feels are most important and reorganized them so readers can focus on the most powerful ideas. Beautifully packaged with evocative artwork and design, it is the perfect gift for anyone with a well-worn copy of *A New Earth* who wants deeper insight into this seminal work.

### **A New Earth**

*Living Life in Light, A Yogi's Journey* is more than a memoir and more than a how-to book. Within the pages, lifelong yogi, healer, and spiritual teacher, author Nathalie Croix guides you on the road to health, love, and enlightenment, helping you to discover your inner child, the essence of who you really are. A culmination of decades of study, travel, meditation, and teaching, *Living Life in Light* offers practical and actionable steps so you can begin practicing yoga on and off the mat and living your life in light today. Croix presents a host of healing techniques, concepts, and tools that assisted her in her own journey and her day-to-day walk in life. A teacher of love, Croix's practices will transform your body, mind, and spirit and your relationship to the world, life as it is, and others you come in contact with

each day.

## **The Heart of the 5 Love Languages (Abridged Gift-Sized Version)**

Summary of A New Earth: Awakening to Your Life's Purpose by Eckhart TolleNOTE: This is a summary guide and is meant as a companion to, not a replacement for, the original book.THE BOOK: A New Earth (2005) expands on the author's spiritual teachings, focusing on how people should live in the present moment. These blinks show how transcending the human ego is pivotal to individual happiness and can bring an end to global suffering. You'll learn how to let go of your ego and achieve true fulfillment in life!ABOUT THE AUTHOR: Eckhart Tolle is one of the world's most renowned and influential spiritual teachers. His previous bestseller, The Power of Nowwas translated into over 33 languages. INTRODUCTION: When you watch the news, it's hard not to be depressed by all the conflicts and man-made catastrophes plaguing groups of people all over the world. Even if there's plenty in society that is improving, there just seems to be something wrong with humanity in general - our perpetual violence, our greedy destruction. So what is the underlying cause of all these conflicts and constant misery? The answer, you'll discover, is found in our minds. By being too caught up in either the past or the future and by worrying too much, our egos dominate and steer us away from the true happiness and

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fulfillment of the present moment. In short, if we overcome our egos, we can create a better world. In this book, you'll learn -what is really meant by "sin" in Christianity; -why "evolve or die" is the twenty-first century mantra; and -why you should aspire to be like a duck.

### **10th Anniversary Edition The Life You Can Save**

The cutting edge of neurolinguistics meets the spiritual wisdom of the ages in a handbook of key words that literally rewire our brains. New discoveries in biology and the neurosciences are revealing how the structure of language-the words we think and speak-can actually change the way the neurons in our brains and hearts connect. But our ancestors understood this connection intuitively, thousands of years ago. They created specific word-patterns to provide comfort, healing, strength, and inner power in difficult times, and they encoded these powerful words in prayers, chants, mantras, hymns, and sacred writings to preserve them for future generations. Now beloved teacher and thought leader Gregg Braden cracks the code and puts these powerful words in your hands. Perfect as a pocket guide, a reference for spiritual study, or a gift to someone you love, this elegant, compact book contains Wisdom Codes that cut to the core of life's greatest tests, most challenging demands, and hardest lessons. You'll find chapters devoted to healing from loss and grief, facing your unspoken fears, finding certainty in the face of uncertain choices, and finding forgiveness, as well as ancient parables that

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offer a "fast track" to unraveling life's deepest mysteries. Each Wisdom Code-distilled from a quote, a scripture passage, or a parable-is accompanied by a brief discussion of what the code means, why it's important, and how to apply it in your life.

### **Homecoming**

In this Tenth Anniversary Edition of *The Life You Can Save*, Peter Singer brings his landmark book up to date. In addition to restating his compelling arguments about how we should respond to extreme poverty, he examines the progress we are making and recounts how the first edition transformed the lives both of readers and the people they helped. Learn how you can be part of the solution, doing good for others while adding fulfillment to your own life.

### **How to Sell Yourself**

Welcome to the Glorious Grandeur of Ultra Spirituality In case you haven't noticed, the New Age has become the Old Age. But don't recycle your crystals just yet! His Enlightenedness JP Sears is ushering in the Newer Age, blinding us with the dawn-like brilliance that is Ultra Spirituality. *How to Be Ultra Spiritual* presents Ultra Spiritual JP's none-of-a-kind guidance, so you can better yourself through teachings

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on: • Competitive spirituality—the Ultra Spiritual foundation that the rest of your Ultra Spiritual path rests on • Why burying your feelings alive makes you thrive • Dreaming up your awakening—how to engineer your carefully contrived spiritual narrative • Rigidly yogic yoga—the moisture-filled cloud formation that drops rain upon your river so your flow can flow • Following the light to the greener spiritual pastures of veganism • He-ness, financial levity, deathliness, and other qualities of the quality guru • Mindfulness—all of the fullness of mindfulness with none of the mind • Merciless meditation—the most effective way to become more meditative (and, duh, more spiritual) • Accessing the forces of critical nonjudgment • Using plant spirit medicine to experience a degree of enlightenment that you aren't enlightened enough to experience without the spirit who lives inside its particular vegetation • Humbleness, and how to employ it in the most superior sense of the word With How to Be Ultra Spiritual, His Enlightenedness JP Sears brings the heart and soul of ancient spirituality back to life with a progressive aggression, replacing the diluted uselessness of modern spirituality with the waaay more spiritual wisdom of Ultra Spirituality. See if you can keep up . . .

### **A New Earth by Eckhart Tolle (Summary)**

In this GIFT-SIZED ABRIDGED VERSION of the #1 New York Times bestselling book *The 5 Love Languages*, you'll discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary

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Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner-starting today.

### **Summary of A New Earth Eckhart Tolle - Awakening to Your Life's Purpose**

When Christians are confronted by media with a "new" theology, they aren't always sure what to do. It may sound spiritual, almost Christian. But something isn't quite right. Richard Abanes helps believers as well as the curious understand that Eckhart Tolle's message in A New Earth is dangerous. He then provides a clear biblical response to this New Age message. Topics include Tolle's misuse of Scripture, false teachings on God, the Bible's teaching on evil, A New Earth's version of salvation compared to God's plan, and much more.

### **Awakening Earth**

### **The Wisdom of Sundays**

The Truth has been hidden from us while a global policy of mass depopulation and exploitation has been carried out behind the scenes for the past half-century. The

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author, an independent journalist, became aware of this agenda only in the past few years. She found it hard to believe, but in-depth research and the testimony of whistleblowers worldwide have exposed these strategies. They include geoengineering (chemtrails), fluoridation of water supplies, GMOs, vaccinations, false flag terrorist attacks, and economic warfare by the group David Wilcock calls the Cabal. However, despite this grim reality, a positive shift of mass awakening is occurring worldwide. Tribunals are being established to prosecute elite offenders; revelations of hidden technology like free-energy and new economic models are being put forth. The author shows how humanity is claiming its rightful heritage as spiritual beings and charts the course of our elevation of consciousness. MASS AWAKENING gives us all real hope for an amazing future. Mass Awakening is Shoshi Herscu's well researched and yet profoundly personal handling of intensely shocking material, rarely covered in print. It is both a true inspiration and a much-needed breath of fresh air. —Ada Tourtsakis PrepareForChangeLeadership.org

### **Kaizen**

The gentle wisdom of "Zen and the Art of Happiness" shows how to invite magnificent experiences into your life and create a philosophy that will sustain you through anything. The Zen of doing anything is to behave with a particular state of mind that brings the experience of enlightenment to even everyday facts -- and through that experience, happiness.

## **Zen Mind, Beginner's Mind**

Eckhart Tolle is rapidly emerging as one of the world's most inspiring spiritual teachers, sharing the enlightenment he himself experienced after a startling personal transformation. His views go beyond any particular religion, doctrine, or guru. This book extracts the essence from his teachings in *The Power of Now*, showing us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness."

## **The Leap**

DISCLAIMER: All of our books are intended as companions' to, not replacement for, the original titles. CitiPublishers is wholly responsible for all of the content and is not associated with the original authors' in any way. ABOUT BOOK: *A New Earth* (2005) expands on the author's spiritual teachings, focusing on how people should live in the present moment. These blinks show how transcending the human ego is pivotal to individual happiness and can bring an end to global suffering. You'll learn how to let go of your ego and achieve true fulfillment in life!ABOUT THE AUTHOR;

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Eckhart Tolle is one of the world's most renowned and influential spiritual teachers. His previous bestseller, *The Power of Now* was translated into over 33 languages.

INTRODUCTION. When you watch the news, it's hard not to be depressed by all the conflicts and man-made catastrophes plaguing groups of people all over the world. Even if there's plenty in society that is improving, there just seems to be something wrong with humanity in general - our perpetual violence, our greedy destruction. So what is the underlying cause of all these conflicts and constant misery? The answer, you'll discover, is found in our minds. By being too caught up in either the past or the future and by worrying too much, our egos dominate and steer us away from the true happiness and fulfillment of the present moment. In short, if we overcome our egos, we can create a better world. In this book, you'll learn -what is really meant by "sin" in Christianity; -why "evolve or die" is the twenty-first century mantra; and -why you should aspire to be like a duck.

### **Outwitting the Devil**

"In the beginner's mind there are many possibilities, but in the expert's there are few." So begins this most beloved of all American Zen books. Seldom has such a small handful of words provided a teaching as rich as has this famous opening line. In a single stroke, the simple sentence cuts through the pervasive tendency students have of getting so close to Zen as to completely miss what it's all about. An instant teaching on the first page. And that's just the beginning. In the forty

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years since its original publication, *Zen Mind, Beginner's Mind* has become one of the great modern Zen classics, much beloved, much reread, and much recommended as the best first book to read on Zen. Suzuki Roshi presents the basics—from the details of posture and breathing in zazen to the perception of nonduality—in a way that is not only remarkably clear, but that also resonates with the joy of insight from the first to the last page. It's a book to come back to time and time again as an inspiration to practice, and it is now available to a new generation of seekers in this fortieth anniversary edition, with a new afterword by Shunryu Suzuki's biographer, David Chadwick.

### **Discover the Power Within You**

Is 'hustle and grind' really the message of The New Way? Is financial freedom really what it's about? Is 'living life on our terms' really the summit of this mission? Is The New Way about becoming more successful than our generations before us? This book is a conversation about The New Way to Live, Lead, Earn, and Give. It is a collection of insights and ideas about how we can, and how we are, changing the world. It's an invitation to the New Superheroes—the people all over the world who give a sh\*t about each other and our earth—to lighten up in our work as Game Changers. It's a time stamp so that our kids and their kids can read it and say, "oh, so that's what you were growing through back then" The New Way is not just about having more money at the end of the month. Success as we'd been taught

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isn't sufficient. Success to our generation looked and felt completely different to what it looked and felt like to generations before us. We millennials do not thrive off gains in a capitalist society. The religious separation that our parents' generation know is torturing our hearts. Our planet isn't a place for us to holiday, but a place of permanent residence with the requirement that we nurture and love our Mother Earth as our one collective mother. There is no 'top' when it comes to leadership, but instead we're all about the power of tribe. We don't care to move forward at lightning speed, but would rather to stop and go back to our indigenous roots and ensure that ancient wisdoms are never forgotten. Taking care of our brothers and sisters who are without basic necessities is the only way we all win. Play is everything. We're here to change the world, but we've gotta stop taking it so seriously. We're here to use our talents and abilities to create epic sh\*t, but we've gotta stop missing the point along the way. It's time for us to thrive like no generation before us ever has. It's time for us to show the world how good it's really meant to be. This book is for the millennial conscious leaders and entrepreneurs- those ushering in the new paradigm through their work, art, businesses, leadership.

### **Close Your Eyes, Sleep**

What does it mean to be enlightened or spiritually awakened? In *The Leap*, Steve Taylor shows that this state is much more common than is generally believed. He

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shows that ordinary people — from all walks of life — can and do regularly “wake up” to a more intense reality, even if they know nothing about spiritual practices and paths. Wakefulness is a more expansive and harmonious state of being that can be cultivated or that can arise accidentally. It may also be a process we are undergoing collectively. Drawing on his years of research as a psychologist and on his own experiences, Taylor provides what is perhaps the clearest psychological study of the state of wakefulness ever published. Above all, he reminds us that it is our most natural state — accessible to us all, anytime, anyplace.

### **A New Earth, An Old Deception**

The simple premise of this book is that every time you open your mouth, in order for communication to happen, you have to sell yourself. If you don't sell yourself, communication is nearly impossible. If you do, your message will get across.

### **Practicing the Power of Now**

In 1945 when the atomic bombs were dropped in WWII, our "protectors" and "watchers" in outer space saw that Earth was on a collision course with disaster. The prime directive of non-interference prevented them from taking any action, but then they came up with a brilliant plan to save Earth and assist her in her

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ascension. They couldn't interfere from the "outside", but maybe they could influence from the "inside". So the call went out for volunteers to come and help. "Earth is in trouble - who wants to volunteer?" The native souls living on Earth were too caught up on the wheel of karma. The only hope was to ask for pure souls to come who had never been trapped on the karmic cycle. Dolores in her hypnosis work has discovered three waves of these volunteers. Some have come direct from the "Source" and have never lived in any type of physical body before. Others have lived as space beings on other planets or other dimensions. Because all memory is erased upon entry to the Earth dimension, they do not remember their assignment. Thus these beautiful souls have a difficult time adjusting to our chaotic world. These souls have a vital role to play as they help all of the rest of us ascend to the New Earth. \* Characteristics of the Three Waves of Volunteers \* The Difficulties being Experienced by First-Timers \* How the Shift is affecting the Physical Body \* The Roles of ETs and Light Beings in the Shift \* Keepers of the Grid \* The Separation of the Old and New Earth \* What is the New Earth? \* What is the Significance of 2012?

### **A New Earth (Oprah #61)**

You can live an insomnia-free life. The first step is overcoming your fear of insomnia. You toss and turn at night, trying to quiet your thoughts enough to fall asleep. Or you wake up hours before your alarm and stare at the ceiling, hoping

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that this time you'll manage just a little bit more rest before sunrise. Either way, it's actually your fear of not getting enough sleep that's keeping you awake. The only way to finally get a good night's sleep is to retrain your subconscious mind and eliminate that dread. Grace Smith, world-renowned hypnotherapist and author of *Close Your Eyes, Lose Weight*, has helped hundreds of people do exactly that. Using the phenomenally successful power of hypnosis, *Close Your Eyes, Sleep* teaches you how to access your subconscious and get your long-needed rest. For anyone suffering with ongoing sleeplessness, melatonin and a better mattress just aren't going to cut it. If you fail to address the root cause of your insomnia, sleeplessness will prevail. The good news is that, with the power of hypnotherapy, you can rapidly reprogram the subconscious mind from being the enemy of sleep to being your bedtime ally. The first step is learning the tools to block out your anxieties to fall asleep quickly and easily at any time of night. But hypnotherapy can take you farther than that: you'll discover how to proactively attack the causes of sleepless nights, ridding yourself of restlessness altogether and achieving the deep, restorative sleep you deserve.

### **A New Earth Inspiration Deck**

An illustrated picture book that teaches the best way to be happy is to embrace the circumstances we find ourselves in each day *Happy Right Now* brings a much-needed message to kids: it's great to feel happy, but it's okay to feel sad

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sometimes too. Dealing with emotions can be hard. Children experience the same range of strong feelings as adults, but often don't have the tools to deal with them. For children ages 4 to 8, *Happy Right Now* teaches emotional intelligence with fun, relatable imagery and clever rhymes. Award-winning author Julie Berry brings a playful bounce to the important lesson that kids don't need to wait for fantastic gifts, school vacations, or sunny days to find joy in the moment. And even if they can't find a way to choose happiness—if the blues are just too strong—Berry provides a series of quick practices to help young readers move through their sadness. Smartly illustrated by Holly Hatam, *Happy Right Now* is perfect for children, parents, and caregivers who want to learn how to navigate difficult emotions and embrace the bright side of any situation, rain or shine.

### **Happy Right Now**

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Find your life's purpose by connecting with the earth. What's your life's purpose? Figuring out the answer to that question is a pretty tall order and most people spend their entire life trying to figure that out. But by engaging with the teachings of author and spiritual leader Eckhart Tolle, you can learn how to transcend the petty anxieties, fears, and flaws that control our everyday existence. And by learning to heal your own internal conflicts, you can

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even discover the secret to achieving world peace.

### **Secrets of the Lost Mode of Prayer**

Have you ever wished you could reprogram your brain, just as a hacker would a computer? In this 3-step guide to improving your mental habits, learn to take charge of your mind and banish negative thoughts, habits, and anxiety in just twenty-one days. A seasoned author, comedian, and entrepreneur, Sir John Hargrave once suffered from unhealthy addictions, anxiety, and poor mental health. After cracking the code to unlocking his mind's full and balanced potential, his entire life changed for the better. In *Mind Hacking*, Hargrave reveals the formula that allowed him to overcome negativity and eliminate mental problems at their core. Through a 21-day, 3-step training program, this book lays out a simple yet comprehensive approach to help you rewire your brain and achieve healthier thought patterns for a better quality of life.

### **Oneness with All Life**

Reach your goals with Kaizen—the Japanese art of gentle self-improvement. From Hygge to Ikigai, positive philosophies have taken the world by storm. Now, Kaizen—meaning “good change”—will help you transform your habits, without

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being too hard on yourself along the way. With Kaizen, even the boldest intention becomes a series of small, achievable steps. Each person's approach will be different, which is why it's so effective. First popularized by Toyota, Kaizen is already proven in the worlds of business and sports. Here, Sarah Harvey shows how to apply it to your health, relationships, money, career, hobbies, and home—and how to tailor it to your personality. Kaizen is the key to lasting change!

### **The Seat of the Soul**

Balances science with spirituality in a study of human evolution, from the appearance of reflective consciousness to modern communications, and proposes three additional stages to be realized

### **The Power of Now**

Are you outwardly successful but inwardly do you feel like a big kid? Do you aspire to be a loving parent but all too often “lose it” in hurtful ways? Do you crave intimacy but sometimes wonder if it's worth the struggle? Or are you plagued by constant vague feelings of anxiety or depression? If any of this sounds familiar, you may be experiencing the hidden but damaging effects of a painful childhood—carrying within you a “wounded inner child” that is crying out for

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attention and healing. In this powerful book, John Bradshaw shows how we can learn to nurture that inner child, in essence offering ourselves the good parenting we needed and longed for. Through a step-by-step process of exploring the unfinished business of each developmental stage, we can break away from destructive family rules and roles and free ourselves to live responsibly in the present. Then, says Bradshaw, the healed inner child becomes a source of vitality, enabling us to find new joy and energy in living. Homecoming includes a wealth of unique case histories and interactive techniques, including questionnaires, letter-writing to the inner child, guided meditations, and affirmations. Pioneering when introduced, these classic therapies are now being validated by new discoveries in attachment research and neuroscience. No one has ever brought them to a popular audience more effectively and inspiringly than John Bradshaw.

### **The Seat of the Soul**

The Inspirational Classic That Has Sold More Than 250,000 Copies! In this 40th anniversary edition of Eric Butterworth's inspiring tour de force, the author shares the greatest discovery of all time: the ability to see the divine within us all. Jesus saw this divine dimension in every human being, and Butterworth reveals this hidden and untapped resource to be a source of limitless abundance. Exploring this "depth potential," Butterworth outlines ways in which we can release the power locked within us for better health, greater confidence, increased success, and

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inspired openness to let our "light shine" forth for others.

### **The Three Waves of Volunteers & the New Earth**

Originally written in 1938 but never published due to its controversial nature, an insightful guide reveals the seven principles of good that will allow anyone to triumph over the obstacles that must be faced in reaching personal goals.

### **Mass Awakening**

The anniversary edition of this beloved bestseller is celebrated in Prefaces by Oprah Winfrey and Maya Angelou and contains a new Foreword by the author, website links, and a new Study Guide to help readers find even deeper meaning and fulfillment. The Seat of the Soul encourages you become the authority in your own life. It will change the way you see the world, interact with other people, and understand your own actions and motivations. Beginning with evolution, Gary Zukav takes you on a penetrating exploration of the new phase humanity has entered: we are evolving from a species that understands power as the ability to manipulate and control—external power—into a species that understands power as the alignment of the personality with the soul--authentic power. Our evolution requires each of us to make the values of the soul our own: harmony, cooperation,

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sharing, and reverence for Life. Using his scientist's eye and philosopher's heart, Zukav shows us how to participate fully in this evolution, enlivening our everyday activities and all of our relationships with meaning and purpose. The Seat of the Soul has sold millions of copies around the globe, and as it changes lives, more and more people begin to live by the values of the spirit. Indeed, a new world is emerging, and this book brings its message to you.

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