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Switched On

For forty years, James Finley's Merton's Palace of Nowhere has been the standard text for exploring, reflecting on, and understanding the rich vein of Thomas Merton's thought. Spiritual identity is the quest to know who we are, to find meaning, to overcome that sense of "Is this all there is?" Merton's message cuts to the heart of this universal quest, and Finley illuminates

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that message as no one else can. As a young man of eighteen, Finley left home for an unlikely destination: the Abbey of Gethsemani, where Thomas Merton lived as a contemplative. Finley stayed at the monastery for six maturing years and later wrote this Merton's Palace of Nowhere in order to share a taste of what he had learned on his spiritual journey under the guidance of one of the great religious figures of our time. At the heart of the quest for spiritual identity are Merton's illuminating insights—leading from an awareness of the false and illusory self to a realization of the true self. Dog-eared, tattered, underlined copies of this book are found on the bookshelves of retreat centers, parish libraries, and the homes of spiritual seekers everywhere. This anniversary edition brings a classic to a new generation and includes a new preface by Finley.

The Seven Spiritual Laws of Success

Buddhist biographies have different kinds of textual history and are conveyed through various media. They are composed by named poets or written down by anonymous redactors and compilers; they are told by bards and even enacted by performers. They are also written by historical persons as autobiographies, both "public" and "secret." They are addressed to different kinds of readerships and have diverse purposes, including forming a model for emulation, an explanation of the foundation of a particular community, or a narrative explication of doctrine. This book presents a multifaceted, multitrade portrait of Buddhist biographies. Part one deals with biographies of the Buddha, investigating Chinese sources and featuring poetic versions by Ashvaghosha. Part two contains modern Buddhist life stories, including a

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rare autobiography from Burma. Part three explores the Tibetan tradition. Together, these biographies give students and seekers a thoughtful overview of how diverse Buddhist teachers understand and explain the highest purpose of life.

Integral Life Practice

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.

The Fire of the Heart

The "Master Key" is here given to the world as a means of tapping the great cosmic intelligence and attracting from it that which corresponds to the ambitions, and aspirations of

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each reader. Every thing and institution we see around us, created by human agency, had first to exist as a thought in some human mind. Thought therefore is constructive. Human thought is the spiritual power of the cosmos operating through its creature man. "The Master Key" instructs the reader how to use that power, and use it both constructively and creatively. The things and conditions we desire to become realities we must first create in thought. "The Master Key" explains and guides the process Used as thus instructed "The Master Key" will make of the reader a greater, better personality, and equipped with a new power to achieve any worthy personal purpose and a new ability to enjoy life's beauty and wonder. (From the Introduction) Get Your Copy Now.

The Joy of True Meditation

At the height of what was known as the New Thought Movement, the great thinker, writer and leader Ernest Holmes published his *The Science of Mind*, which details the tenets of the spiritual movement which he founded—Religious Science. Holmes was a popular speaker in his time, filling auditoriums with listeners eager to learn his methods for forging a new relationship with the Christian God. He covers the basics in *The Science of Mind*, along with applicable habits like meditation and prayer, in order to put readers in touch with their God and on a healing path.

The Wonder of Being

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The dialogues contained in The Revelation of Oneness point to the possibility that the spiritual search, and indeed all the seeking of the mind, can come to an end once and for all. And in the absence of that search, there can be a clear seeing that all there is, is Oneness. And in the clarity of Oneness, life loses its heaviness, and what is is always enough. Some people have called this "spiritual awakening"; however, it's not something complicated, and it's not reserved for the lucky few. It's an awakening as simple and obvious as the sound of the rain splish-splashing up on the roof. It's a bit like having a dream, and getting lost in it, and then waking up, and opening your eyes, and looking around and realising that yes, of course, it was just a dream.

Seven Thousand Ways to Listen

The Fire of the Heart is a penetratingly clear, original and profound journey into the evolutionary potential of Spiritual Awakening here and now. Anchored in a radically simple yet illuminating approach to True Meditation, the Awakening Process described in this book is direct, contemporary, accessible and includes the totality of embodied existence in its integral embrace.

The Spiritual Awakening Process

In The Seven Spiritual Laws of Success, Deepak Chopra distills the essence of his teachings

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into seven simple, yet powerful principles that can easily be applied to create success in all areas of your life. Based on natural laws that govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. Instead, Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will cherish for a lifetime, for within its pages are the secrets to making all your dreams come true. "A must-read for anyone who missed *The Prophet*, by Kahlil Gibran." — The New York Times

The Awakening

Is it possible to venture beyond daily living and experience heightened states of awareness? In his latest book, Deepak Chopra says that higher consciousness is available here and now. "Metahuman helps us harvest peak experiences so we can see our truth and mold the universe's chaos into a form that brings light to the world."—Dr. Mehmet Oz, Attending Physician, New York – Presbyterian, Columbia University New York Times bestselling author Deepak Chopra unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. How does one do this? By becoming metahuman. To be metahuman, however, isn't science fiction and is certainly not about being a superhero. To be metahuman means to move past the limitation constructed by the mind and enter a new state of awareness

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where we have deliberate and concrete access to peak experiences that can transform people's lives from the inside out. Humans do this naturally—to a point. For centuries the great artists, scientists, writers, and many so-called ordinary people have gone beyond the everyday physical world. But if we could channel these often bewildering experiences, what would happen? Chopra argues we would wake up to experiences that would blow open your body, mind, and soul. Metahuman invites the reader to walk the path here and now. Waking up, we learn, isn't just about mindfulness or meditation. Waking up, to become metahuman, is to expand our consciousness in all that we think, say, and do. By going beyond, we liberate ourselves from old conditioning and all the mental constructs that underlie anxiety, tension, and ego-driven demands. Waking up allows life to make sense as never before. To make this as practical as possible, Chopra ends the book with a 31-day guide to becoming metahuman. Once you wake up, he writes, life becomes transformed, because pure consciousness—which is the field of all possibilities—dawns in your life. Only then does your infinite potential become your personal reality. Advance praise for Metahuman “Our world is preoccupied with material progress, yet too often we overlook the miracle of our very existence. In this remarkable book, Deepak Chopra reminds us not to be distracted by the idols of our age but to marvel at the deep truths of being. Metahuman is a handbook to becoming fully alive.”—Arthur C. Brooks, PhD, Professor, Harvard Kennedy School; author of Love Your Enemies

Your Essential Self

**Soul Love is a complete re-edit of previously released eBook material AND much more. It

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combines 2 Novellas, book 1 and book 2 in the original Soul Love Series, but, also builds on those books with substantial new content. **Meeting 'the one', A soulmate, 'Straight out of the blue like that'. This counts as a whole other league of 'unexpected'. A realm of 'realness' that shakes you to the core. The kind of crazy love you've never anticipated, or felt 'ever'. The kind of love that cuts so deep it makes damn well 'sure' you'll never feel such intensity again. The kind of love that's a force, too strong to control. Compulsive and unpredictable. Not playing by any set rules. This kind of love is never what you planned. A celebrity icon with a turbulent past. An introverted career woman with emotional baggage a-plenty to unpack. Alma can give a thousand reasons why their commitment 'can't' work. Spade prefers to talk-up the stuff that 'can'. **Dear reader, This realism romance contains previously released material, and large amounts of new work (i.e. unreleased material). It is a +18 graphic suspenseful contemporary black romance, set in California and London, which contains strong language and sexual content, alluding to difficult emotional topics and containing violent themes at times, which the fictional main character's are grappling to come to terms with in their journey to love. **

Buddhism without Beliefs

We try to escape from the play of life and the suffering that being "a person in the world" entails. Our efforts to find spiritual enlightenment have the opposite effect and reinforce an underlying feeling of lack, of separation. In *Life Without a Centre*, Jeff Foster suggests that there is only ever the present appearance of life, with no individual at its core who could ever escape even if they wanted to. The entire spiritual search is nothing more than a game we play

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with ourselves, the cosmic entertainment. Jeff cuts through the confusion and frustration surrounding the search for escape through spiritual enlightenment, by pointing to the utterly obvious: This moment, and everything that arises in it, is already the liberation that is sought. Life, just as it is, is already what we've been searching for our entire lives. Jeff Foster graduated in astrophysics from Cambridge University. Soon after graduation, life events propelled him onto an intense two-year spiritual search, culminating in the realisation that there was never anything to find in the first place. He currently writes and talks on what some people have called "non-duality," but which he just refers to as "the utterly, utterly obvious."

Soul Love

The Way of Rest gathers nearly 200 of Jeff Foster's most inspiring essays, poems, and reflections on restoring and reviving ourselves when we feel exhausted or defeated. Drawing from his personal journey—including his own struggles with illness and depression—Jeff invites us to contemplate “the Way of Rest” and its potential to transform our experience of:

- Imperfection—how we are “gloriously flawed” yet complete exactly as we are
- Not knowing—how we come to trust in the greater intelligence of life
- Melancholy and loneliness—how we learn to release the healing energies of “exquisite sensitivity”
- Ordinary moments—recognizing and receiving “the closest thing of all”
- Discomfort and discontent—how our frustrations become an opening to deep peace
- Love—rediscovering who we are beyond our carefully constructed facades
- Silence—discovering the vibrancy of living by letting go of thoughts and concepts

“I hope the words in this book inspire, challenge,

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and encourage you. But most of all, I hope they help you remember that you are life, inseparable from the power that grows the flowers and gives birth to galaxies,” writes Jeff Foster. The Way of Rest brings you his companionship and support whenever you need it most.

Waking Up

Inner Awakening

For the millions of Americans who want spirituality without religion, Sam Harris’s latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous

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skeptic—could write it.

Master Key System - Law of Attraction

A revelatory primer on what it means to be human, from "the perfect guide for a course correction in life" (Deepak Chopra)—and a mind-opening manual of initiation into the central mystery of existence. At the root of human conflict is our fundamental misunderstanding of who we are. The illusion that we are isolated beings, unconnected to the rest of the universe, has led us to view the “outside” world with hostility, and has fueled our misuse of technology and our violent and hostile subjugation of the natural world. To help us understand that the self is in fact the root and ground of the universe, Watts has crafted a revelatory primer on what it means to be human—and a mind-opening manual of initiation into the central mystery of existence. In *The Book*, Alan Watts provides us with a much-needed answer to the problem of personal identity, distilling and adapting the Hindu philosophy of Vedanta.

You Are Enough

Despite the relationships, possessions, and prestige we all strive for, most people live at only a fraction of their full potential. But with the guidance and wisdom in *Your Essential Self*, you will awaken to your divine nature. Learn how to attain the three stages of human awakening—the process of self-discovery, the transformation into authenticity, and the source of

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consciousness—on the inner journey to your true self. This comprehensive guide describes how spiritual attainment is not an unreachable fantasy, but rather a logical extension of human development. The personality, the authentic self, and the transcendent self are discovered through stories from Richard's personal experience, case studies from his therapy practice, questionnaires, and exercises designed for your journey toward self-realization.

A New Earth (Oprah #61)

A combined and fully revised edition of Jeff Foster's first two books *Life Without a Centre* and *Beyond Awakening*. What if life is infinitely simpler than you ever imagined? We spend our lives seeking wealth, success, love, fulfilment, and even "spiritual enlightenment" in the future. Yet right at the heart of life there is an intimacy, a simplicity, a wholeness that is totally beyond words—and which cannot be reached through any kind of effort. In our attempts to change, to improve ourselves, or become "enlightened," we end up ignoring this wordless intimacy which is our birthright and our true home. *The Wonder of Being* points to the eternal freedom which exists beyond the seeker and the sought, and shows us the hidden assumptions that underlie our seeking activities. With great humour, compassion and clarity, Jeff Foster reminds us of something we have always known—that life, as it is, is a miracle and beyond our thoughts, we are already free.

The Book

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Jeff Foster invites you to forget everything you know, everything you've been taught, and everything you've ever read about spiritual awakening, Oneness, enlightenment, non-duality, and Advaita, and to consider a new possibility: the possibility of absolute freedom, right now, right here, in the midst of this very ordinary life. Using everyday language and drawing on both personal experience and age-old wisdom, Foster shares the possibility that all the seeking and longing of the mind can come to an absolute end with the falling away of the sense of being a separate individual, and a plunge into unconditional love. And in that plunge—which is totally beyond anything you have ever imagined—this so-called ordinary life reveals its great Secret. Written with stunning clarity and aliveness, this book is a love letter to the exhausted spiritual seeker who is simply longing to come Home.

The Awakening

Based on a series of private conversations and public talks, this biographical sketch touches on many of the highlights of Eknath Easwaran's life. Written by two of his longtime students, this thoughtful and loving portrait provides striking insights.

Awakening Joy

The Awakening: A Guide To Spiritually Awaken Your Highest Self, Intuitive Connection, And Deepest Purpose will leave you captivated and curious to learn more about harnessing your

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intuition, the law of attraction, energy work, and inner healing - all to access and live out your soul purpose. Jennifer's seer-like wisdom paired with her life experiences and reflective exercises and daily practices will have you achieving the success you desire in business, love, and life. Book jacket.

The Awakening

The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life."

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The Way of Rest

Mrs. Chopin's most ambitious work, and that by many regarded as her greatest achievement, is 'The Awakening'. It was written in the belief that in this larger form she could best develop the qualities of her talent. The book shows breadth of view, sincerity, art of the finest kind, a deep knowledge of the woman soul, and accurate individualized character delineation. Edna, the wife of Leonce Pontellier, and mother of two children, is aroused by the simple love of a young Creole to the knowledge of demands in her rich passionate nature that cannot be satisfied by her wifely and maternal duties. Without a fitting education she tries to realize her self at the expense of her functions. Meeting with insurmountable obstacles in society and in her own soul, she surrenders life rather than her new independence.

Lives Lived, Lives Imagined

Over the last thirty-five years, Ken Wilber has developed an Integral "theory of everything" that makes sense of how all the world's knowledge systems—East and West; ancient, modern, and postmodern—fit together and can elevate our awareness. Drawing on science, psychology, human development, spirituality, religion, and dozens of other fields, Integral Theory is a revolutionary framework for understanding ourselves and the world we live in. Now there is a way to not just think Integrally, but to embody an Integral worldview in your everyday life. Integral Life Practice is not just a new approach to self-development and higher awareness,

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but a way of making sense of—and making best use of—the existing treasure trove of insights, methods, and practices for cultivating a more enlightened life. It offers a uniquely adaptive approach to awakened living that's suitable for everyone: people with busy careers and families, college students, retirees, even hardcore athletes and yogis. It's geared for devout—and irreverent—people of any religion, or no religion! This highly flexible system will help you develop your physical health, spiritual awareness, emotional balance, mental clarity, relational joy, and energy level, within a framework that integrates all aspects of your life. Combining original exercises, vivid examples, cutting-edge theory, and illustrative graphics, Integral Life Practice is the ultimate handbook for realizing freedom and fullness in the 21st century.

The Calm Center

Magical, paradigm-shifting, terrifying, and awe-inspiring, the spiritual awakening process is at the core of every human's quest for freedom, love, and happiness. In this groundbreaking book, spiritual counselors Luna and Sol detail the many stages, paths, and pitfalls connected with this sacred evolutionary process. By reconnecting with your Soul, you will discover how to experience the joy, liberation, and peace that you have been searching for all along. In these pages, you will discover: 1. What is happening to you 2. Why you're experiencing a spiritual awakening 3. The many spiritual awakening symptoms and stages 4. The three inner worlds of the spiritual journey 5. What to do when your awakening becomes a spiritual emergency 6. Signs you're experiencing Soul loss 7. How to retrieve and integrate any fragmented pieces of

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your psyche through self-love, inner child work, and shadow work 8. What spiritual “traps” you need to be mindful of 9. How to communicate with your Soul Through the inner work practices of Inner Child Work, Self-Love, and Shadow Work, this book gives you the tools to initiate your own deep psychological healing. By removing the blocks and walls that surround your Soul, you will be able to access deep levels of joy, creativity, energy, courage, peace, fulfillment, freedom, and love. The Spiritual Awakening Process is a psychospiritual manual that is composed of various articles that we have published on lonewolf.com in the past. We have also added extra content to help illuminate your path and guide you through this sacred time of life.

Merton's Palace of Nowhere

The Joy of True Meditation gathers together nearly 50 of Jeff Foster's soothing, touching, provocative and encouraging essays and poetic reflections on life, love, our true nature, and the courageous journey towards wild self-acceptance.

The Revelation of Oneness

"Essays on the Buddha's life making connections between spiritual practice and the Engaged Buddhism movement in which meditators allow their inner experience of peace to propel them into action for social justice and environmental protection"--

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The Awakening

A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment.

Metahuman

This is a book about the utterly obvious. It's about the spiritual search, and the frustrations surrounding it. It's about those ultimate goals we set ourselves: enlightenment, awakening, liberation, and how those goals can never actually be reached, because - and here's the great discovery the person who seeks them has no more reality than a presently-arising belief. That is to say, "you" are just a thought, happening now. A sequel to the bestselling "Life Without A Centre: Awakening from the Dream of Separation," this book is packed with clear and vibrant expressions of nonduality. Time and time again, the text gently points back to the futility of both the spiritual search, and the "search to end the search" (another game the mind loves to play).

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With great humour, compassion and clarity, the book will draw you into a direct confrontation with your own absence, an absence which, paradoxically, is also a perfect presence. This may be the last book a spiritual seeker will ever need.

The Awakening of Intelligence

When Edna Pontellier becomes enamored with Robert LeBrun while on vacation, the wife and mother realizes the full force of her desire for love and freedom, in a text that includes thirty-two additional short stories by the author.

Life Without A Centre

Foreword by Anne Jirsch, Author of Create Your Perfect Future 'Sidra Jafri is a fresh voice who lovingly opens the conversation about releasing our past and stepping into our future.' Tori Hartman, bestselling author of the Chakra Wisdom Oracle Cards Wake up to your new life! It's no accident you've picked up this book. It's time for a change! Sidra Jafri is here to guide you through an incredible nine-step journey – The Awakening. She will empower you to let go of the past and your pre-programmed beliefs, and build the happy and fulfilling life of your dreams. Offering practical exercises and real-life case studies, each step is based on one of Sidra's principles: Ask Quality Questions Work On You Awareness Is The Key Knowing Versus Owning Energy Is Everything No Judgment It Takes One To See One Nothing Is Missing

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Growth Is Inevitable The Principles of Awakening have already helped thousands of people from all walks of life create the life they want – now you can do it, too! Sidra Jafri is a highly successful intuitive healer. The personal trauma of leaving her arranged marriage inspired her to develop the Principles of Awakening. She now runs live events around the world to help people shift the issues holding them back in areas such as wealth, relationships and wellbeing.www.sidrajafri.com

Inner Engineering

In this fascinating book, Mary Terhune shares her personal journey of spiritual awakening, mystical encounters, and visions, as well as the universal truths revealed to her in the process. During a life crisis, she spontaneously received revelations from Jesus that transformed her conscious awareness, changing her life forever. A profound experience of self-realization brought her the message that divinity is humankind's natural state—one we need to reclaim. She then had an encounter during meditation that showed her, beyond any shadow of doubt, that birth and dying are actually illusions. Mary went on to have an amazing introduction to homeopathy, which expanded her training as a registered nurse into a different understanding and approach to disease, prevention, curing, and healing. Mary urges us all to become mindful of our omniscient essence—and embrace paradigm shifts in preventive and curative medicine as we awaken to consciousness as the primary force of life. Out of the Blue inspires every reader to live as an awakened being and a knowledgeable master of one's own destiny and well-being.

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The Science of Mind

Discover the Essence of Who You Really Are These powerful meditations and poetic reflections will comfort, inspire, and gently bring you out of the hectic day-to-day and back to the bedrock of peace, and even joy, of your true, essential, and authentic self. By encouraging you to see the limitations of your everyday, conditioned personality, Steve Taylor empowers you to step outside of it so you can breathe the fresh air of freedom. His words will guide you on a journey through the landscape of wider awareness, pointing out the obstacles and landmarks along the way to enlightenment. A profound modern spiritual text with the power to transmit awakening, The Calm Center will help you open to the deepest and highest experiences of a life fully lived.

Awakening the Creative Spirit

In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body began shutting down--overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks--without a trace of cancer in her body! Within these pages, Anita recounts stories of her childhood in Hong Kong, her challenge to establish

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her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. As part of a traditional Hindu family residing in a largely Chinese and British society, Anita had been pushed and pulled by cultural and religious customs since she was a little girl. After years of struggling to forge her own path while trying to meet everyone else's expectations, she had the realization, as a result of her epiphany on the other side, that she had the power to heal herself . . . and that there are miracles in the Universe that she'd never even imagined. In *Dying to Be Me*, Anita freely shares all she has learned about illness, healing, fear, "being love," and the true magnificence of each and every human being! This is a book that definitely makes the case that we are spiritual beings having a human experience . . . and that we are all One!

Beyond Awakening

Baraz helps readers discover a path to the happiness that's right in front of them, offering a step-by-step program that will reorient their minds away from dissatisfaction and toward the contentment and delight that is abundantly available.

Out of the Blue

An Extraordinary Absence

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An extraordinary memoir about the cutting-edge brain therapy that dramatically changed the life and mind of John Elder Robison, the New York Times bestselling author of *Look Me in the Eye* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE WASHINGTON POST

Imagine spending the first forty years of your life in darkness, blind to the emotions and social signals of other people. Then imagine that someone suddenly switches the lights on. It has long been assumed that people living with autism are born with the diminished ability to read the emotions of others, even as they feel emotion deeply. But what if we've been wrong all this time? What if that "missing" emotional insight was there all along, locked away and inaccessible in the mind? In 2007 John Elder Robison wrote the international bestseller *Look Me in the Eye*, a memoir about growing up with Asperger's syndrome. Amid the blaze of publicity that followed, he received a unique invitation: Would John like to take part in a study led by one of the world's foremost neuroscientists, who would use an experimental new brain therapy known as TMS, or transcranial magnetic stimulation, in an effort to understand and then address the issues at the heart of autism? *Switched On* is the extraordinary story of what happened next. Having spent forty years as a social outcast, misreading others' emotions or missing them completely, John is suddenly able to sense a powerful range of feelings in other people. However, this newfound insight brings unforeseen problems and serious questions. As the emotional ground shifts beneath his feet, John struggles with the very real possibility that choosing to diminish his disability might also mean sacrificing his unique gifts and even some of his closest relationships. *Switched On* is a real-life *Flowers for Algernon*, a fascinating and intimate window into what it means to be neurologically different, and what happens when the world as you know it is upended overnight. Praise for *Switched On* "An eye-opening book with

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a radical message . . . The transformations [Robison] undergoes throughout the book are astonishing—as foreign and overwhelming as if he woke up one morning with the visual range of a bee or the auditory prowess of a bat.”—The New York Times “Astonishing, brave . . . reads like a medical thriller and keeps you wondering what will happen next . . . [Robison] takes readers for a ride through the thorny thickets of neuroscience and leaves us wanting more.”—The Washington Post “Fascinating for its insights into Asperger’s and research, this engrossing record will make readers reexamine their preconceptions about this syndrome and the future of brain manipulation.”—Booklist “Like books by Andrew Solomon and Oliver Sacks, Switched On offers an opportunity to consider mental processes through a combination of powerful narrative and informative medical context.”—BookPage “A mind-blowing book that will force you to ask deep questions about what is important in life. Would normalizing the brains of those who think differently reduce their motivation for great achievement?”—Temple Grandin, author of The Autistic Brain “At the heart of Switched On are fundamental questions of who we are, of where our identity resides, of difference and disability and free will, which are brought into sharp focus by Robison’s lived experience.”—Graeme Simsion, author of The Rosie Effect

Making of a Teacher

This comprehensive record of Krishnamurti's teachings is an excellent, wide-ranging introduction to the great philosopher's thought. With among others, Jacob Needleman, Alain Naude, and Swami Venkatananda, Krishnamurti examines such issues as the role of the teacher and tradition; the need for awareness of 'cosmic consciousness; the problem of good

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and evil; and traditional Vedanta methods of help for different levels of seekers.

The Awakening

You are Enough explores why we have become so worried about what other people think of us, and what our infatuation with comparison can cause on physical, mental, emotional and spiritual levels. If you are sick of striving, or feeling like a perfectionist comparer, here are the practical tools for getting out of the comparison trap, so that you can learn to accept yourself as you are, and revel in the sense of peace and ease that this brings. Are you sick of giving yourself a hard time? Have you had enough of comparing yourself to others? Do you feel that nothing you do is good enough? It doesn't have to be this way. Because guess what? Your worth is innate—you can't earn it with accomplishments or by hitting your goals ... which means you can't lose it when you think you haven't done enough. It's time to let go of the negative thoughts that keep telling you that you'll only be more when you work harder ... that keep you stuck, constantly comparing yourself to those around you. It's time to understand what your body is trying to tell you when you're burning out, pushing yourself to your limits, and chasing self-worth, achievements and perfectionism. You are enough. Knowing this starts with accepting yourself. And the shift to true self-acceptance is realising you're already enough.

Dying to Be Me

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In *Seven Thousand Ways to Listen*, Nepo offers ancient and contemporary practices to help us stay close to what is sacred. In this beautifully written spiritual memoir, Nepo explores the transformational journey with his characteristic insight and grace. He unfolds the many gifts and challenges of deep listening as we are asked to reflect on the life we are given. A moving exploration of self and our relationship to others and the world around us, *Seven Thousand Ways to Listen* unpacks the many ways we are called to redefine ourselves and to name what is meaningful, as we move through the changes that come from experience and ageing and the challenge of surviving loss. Filled with questions to reflect on and discuss with others, and meditations on how to return to what matters throughout the day, this enlightening book teaches us how to act wholeheartedly so we can inhabit the gifts we are born with and find the language of our own wisdom. *Seven Thousand Ways to Listen* weaves a tapestry of deep reflection, memoir and meditation to create a remarkable guide on how to listen to life and live more fully.

Time to Stand Up

Designed to help spiritual directors and others use expressive arts in the context of spiritual direction.

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