

3 SECONDS TO BEING YOUR HIGHER SELF



THE HEART OF PRESENCE
ARIELLE HECHT

3 Seconds To Being Your Higher Self The Heart Of Presence

Richard Jelusich



3 Seconds To Being Your Higher Self The Heart Of Presence:

Astral Voyages Bruce Goldberg,2025-05-23 Free yourself from the limitations of the earth plane and the laws of space and time Astral Voyages presents more than 65 exercises that train you to safely leave your physical body and return unharmed from explorations of the upper astral plane and the causal mental or etheric realms You might even venture to the soul plane and observe the process of selecting your next lifetime Dr Goldberg unveils his paradigm of the 13 dimensions developed from 25 years of experience with hypnotic regression progression and out of body experiences Specific scripts train you for guided imagery astral voyage lucid dreams accessing the Akashic records cabalistic projection and advanced techniques such as the Witch s Cradle and the 37 Degree Technique used by the ancient Egyptians Other topics in this metaphysical book include astral entities astral sex astral healing and scientific studies on astral voyaging **Empowered Healer** Susan Allison Ph.D.,2011-08-23 After years of not paying attention to the honest voices inside you you may not remember how to listen to your intuition This disconnection may have caused you to feel worn down or depressed weakened and powerless and left your immune systems vulnerable and open to illness In *Empowered Healer* author Dr Susan Allison helps you relearn how to access and listen to your inner guidance and become empowered to take action to heal yourself completely both physically and emotionally Allison has spent more than twenty years developing a formula to help you Believe in yourself and stop blocking your healing Fill with power and create a team to support you Tune into and listen to your physical symptoms Find the emotional causes of your distress Release physical and emotional pain Create and live the life of your dreams Using anecdotes and examples from her personal experiences as a healer Allison communicates the keys to believing in your own power to restore yourself to wholeness A powerhouse of wisdom *Empowered Healer* helps you heal from the inside out to create greater happiness in every area of your life Awakening Ping Li,2017-01-23 Have you ever wanted to know why you are here on earth Do you sense that you have a higher purpose a special calling but have no idea what it is or how to find it Do you try to convince yourself and others that you are happy and fulfilled Do you wish to have abundance flow to your life effortlessly without working so hard Do you know something is missing in your life but cant identify what that is If the answer is yes to any of these questions help has arrived In *Awakening* youll discover how to tap into your inner wisdom and the infinite universe to gain valuable insights and knowledge about who you really are at all levels physical mental emotional and spiritual The practical exercises and guidance in every chapter will help you connect with your divine essence and align your beliefs perceptions intentions feelings choices actions words and your personalities with this inner truth so that you can transform your reality and manifest all that you truly desire in life pure love unlimited abundance deep fulfillment and much more *The Isis/Artemis Teachings* Sonia D. Bradford,2020-04-28 *The Isis Artemis Teachings* Book I By Sonia Bradford Sonia Bradford is a widely travelled New Zealander In 1960 as a twenty year old she based herself in London for five years and came home by bus from London to Bombay in India caught a ship to Australia and

flew home to Auckland New Zealand from Sydney Since her marriage in 1985 she has travelled with her husband representing the horse racing world to Australia Japan Hong Kong Dubai the United States and England She has also visited Egypt Crete Russia and has spent five weeks on a Mediterranean cruise Bradford s other interests include cooking decorating races rugby photography Egyptology and spiritual literature and movies She has written *Achieving Ascension* and has done the second book to follow called *Achieving Ascension Continues* ready to be published soon **The Self-Interpreting Bible ... By the Late Revd John Brown, Etc**, 1821 *Eye Of The Lotus* Richard Jelusich, 2004-12-01 A clear and comprehensive guide to the psychology of the chakras that is filled with practical techniques that anyone can apply in daily life **The Writings of George Vicesimus Wigram** George Vicesimus Wigram, 2015-03-24 The Glory of the Bride the Lamb s Wife Truth Learned in Communion with God A Few Words on the Scriptures Is the Honour and Power of this World any part of the Endowment of the Saints The Two Adams Two Old Letters Three Letters of the late G V Wigram The Seven Churches A Letter 1846 The Good News of God s Purpose in the Apocalypse An Appeal to Saints that remain still in Bethesda and Salem They that are Christ s at His Coming A Word on the Fellowship of Saints Christ and the Church The Church Its Present State and Prospects The Coming Kingdom being an Outline of the Revelation The Coming of the Lord The Coming of the Lord The Conflict A Letter on Conscience etc An Answer of G V Wigram God s Dealings with His Children Death is Ours Notes of Three Lectures Devotedness and Separation Doing Eloi Eloi Lama Sabachthani The Eternal Life in Paul Two Letters on the Marriage of an Evangelist Extract from Letter Extracts from Letters Our Extremity is God s Opportunity Extract from a Letter Food for Believers Fragment Fragments A Gospel Address Notes of a Gospel Address The Hope of His Calling In Heaven God s Inheritance in the Saints etc Is It Thus With You The Blood of Jesus Christ The Cross of Jesus Christ The Death of Jesus Christ Remarks and Notes on John s Writings *Meeting the Masters* Mark L. Prophet, Elizabeth Clare Prophet, 2020-12-10 The physical world in which we live represents only a small slice of a broad spectrum of being from the realm of the humblest nature spirits to that of the most exalted archangels and cosmic beings This second book in the Sacred Adventure series describes the presence of masterful spiritual beings just beyond the veil Learn from them how to embody the divine qualities of power wisdom and love as you explore the hidden dimensions of life in chapters on our teeming cosmos the strength of divine will soul travel the brilliance of divine wisdom the angelic kingdom the comfort of divine love and the threefold flame in the heart **Executive Coaching with Backbone and Heart** Mary Beth A. O'Neill, 2011-01-06 Praise for Executive Coaching with Backbone and Heart In this book O Neill brings form and structure to the art of executive coaching Novices are provided a path while seasoned practitioners will find affirmation Daryl R Conner CEO and president ODR USA Inc Mary Beth O Neill s executive coaching gave me the tools and clarity to become a far more effective leader and change agent The bottom line was that we succeeded with a monumental organizational turnaround that had seemed impossible to accomplish Eric Stevens former CEO Courage Center O Neill writes in a way that

allows you to see this experienced coach in action What a wonderful way to learn Geoff Bellman consultant and author The Consultant s Calling Mary Beth brings a keen business focus to coaching by not just contributing insights but through helping me and my team gain the insights that we need to solve our own problems She has the ability to see through the sometimes chaotic dialogue and personalities in order to help a team focus on the real issues and dynamics that can impede organizations from achieving their goals John C Nicol general manager MSN Media Network Effective leaders require courage compassion and initiative O Neill s systems based coaching serves as a guide for both coaches and executives to better enable good decisions and good decision makers Paul D Purcell president Beacon Development Group With Mary Beth O Neill s coaching I ve become the kind of leader who balances both the needs to get results and to develop great working relationships Since I started working with her I ve won accolades as the Top Innovator for my company and as Professional of the Year for my industry More important I ve been able to scope my job in a way that allows me to learn and contribute at the same time all the while delivering great results to the bottom line Lynann Bradbury vice president Waggener Edstrom

Essential Self-Care for Caregivers and Helpers , Do you often daydream and muse on how wonderful it would be for someone to regularly be attending to YOUR needs Do you spend a large part of each day helping others to feel better This book may challenge your old patterns of thinking but following Brockman s Primary Directive to take care of yourself first your life will start to transform and your health and well being will begin to shift in a healing direction Howard Brockman LCSW has written his second book this time emphasizing the importance of self care for the legions of people supporting and taking care of others While there are books that have been written about the challenges to professionals such as social workers nurses and psychologists to becoming burned out Brockman s book is written also for the millions of untrained non professionals who are being recruited daily to care for their elderly parents Do you fit into either of these categories He describes the many influences that lead to compassion fatigue and becoming infected by the feelings of others This is all about how unconscious empathy can take sensitive caregivers down a never ending spiral to adrenal fatigue and depression In Chapter 2 Characteristics of High Intensity Relaters Brockman describes the primary personality of those helpers whose currency is relationship and who easily fall prey to subtle energetic influences that erode their vital force Externally referencing to others needs first tends to be one of their traits Chapter 6 Prevent Self Sabotage is filled with practical ways to stay focused and positive while overcoming old repetitive and negative inner chatter Confronting your tyrannizing inner critic is never easy Brockman tells you how He identifies different types of energy drainers that use our energy to enliven themselves and deplete ours He does a good job explaining how to create secure and persistent energetic boundaries with difficult and demanding people and other disruptive environments This is perhaps the most important theme woven throughout the book for the helper personality tends to not know how to say NO to requests from others Learning how to establish reliable energetic boundaries is incredibly important for protecting against the interpersonal hazard he refers to as

psychotoxic contamination that can become cumulative over time and generate serious long term health consequences Dark and heavy energy can settle into and invade the body to wreak havoc with one's health and emotional stability The good news is that you can effectively create these boundaries and more importantly learn how to sustain them amidst the ongoing demands of the people you are helping He spends a chapter on how to use specific energy psychology techniques for emergency self care providing fascinating case examples to illustrate how to prevent post traumatic stress from building up to become PTSD Brockman spends some time explaining the importance of optimizing your self care by managing your chi and how plants the natural world and flower essences can support helpers to maintain their inner balance and overall harmony In Chapter 11 Making It Happen From Within you will discover well described and powerful imagery techniques for manifesting positive self care outcomes for yourself Brockman then teaches you how to connect to and work with your inner guides for reliable personal and professional guidance The power of a caregiver's presence is highlighted in the concluding chapter discussing how being the blessing actually creates collective coherence in the immediate caregiver's environment and thus positively affects those who are being cared for For readers who would like to measure and determine the degree of their own present health and well being there are two self assessment checklists for high intensity relaters in Appendix 2 that can also be downloaded from his website www.DynamicEnergeticHealing.com

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