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THE SACRED POWER

A SEEKER'S GUIDE
TO KUNDALINI

Sacred Power A Seekers Guide To Kundalini

Anne Armstrong, Jim Armstrong



Sacred Power A Seekers Guide To Kundalini:

Sacred Power: a Seeker's Guide to Kundalini Kripananda Swami,1997

Based on scriptural and authoritative works from the East and West this volume includes the author's own experiences with kundalini the creative power of the universe as well as those of other contemporary seekers

Gnostic Secrets of the Naassenes Mark H. Gaffney,2004-04-19 Reveals the hidden meaning of the Grail and a secret Christian doctrine for achieving higher consciousness Shows that Gnosticism is not a derivative of Christianity but the revelation of the true message of Jesus Describes the ancient relationship between water and spirit Explains the doctrine of immanence taught by Jesus at the Last Supper Features the translated source text from The Refutation of All Heresies by Bishop Hippolytus the only existing record of the Naassene Sermon In the third century C E the Catholic Bishop Hippolytus composed A Refutation of All Heresies in which his chief target was the Gnostic sect the Naassenes whose writings included a recounting of Jesus actual teachings at the Last Supper Contrary to Church attacks the Naassenes were not a heretical derivative of Christianity but the authentic foundation and purveyor of Christ's message In fact much of what passes as Christianity has nothing to do with the original teachings of its founder The message recorded in the Naassene Sermon was intended for an inner circle of disciples who were prepared for advanced initiation into Jesus wisdom teachings The Grail discussed therein was not an actual chalice but a symbol of the indwelling of the divine The teachings involved the awakening of spirit and included practices aimed at restoring the soul's lost connection with God Immanence in the true sense intended by Jesus thus allows for spiritual attainment in this life by ordinary individuals without the intermediary of Church or priest This was the real meaning of the Last Supper and why the Naassenes believed that Jesus was the fulfillment of all the Mystery traditions

Coincidence Is God's Way of Remaining Anonymous Gloria Loring,2012-10-02 While the cameras rolled and the fictional plotline for Days of Our Lives unfolded each day Gloria Loring was quietly wrestling with her own real life dramas the diagnosis of her young son's diabetes the unraveling of her marriage and a nagging inner voice from childhood that told her something was wrong

The Hidden Spirituality of Men , **Awakening the Divine Within** Anne Armstrong,Jim Armstrong,2011-02-14 Decades ago Jim and Anne Armstrong were living an ordinary American life Not particularly interested in spiritual matters Jim and Anne's focus was on their careers and making ends meet But when Anne began suffering from crippling headaches not cured by traditional medicine she and her husband turned to hypnosis and made a discovery that would change their lives forever After hypnosis sessions began to reveal that Anne's headaches were caused by spiritual forces straining to express themselves through her Anne began a journey during which she and Jim eventually learned to accept work with and come to terms with these forces a realization that led them to teach workshops around the world helping others understand and develop their own psychic and spiritual abilities In their comprehensive guide to Kundalini practices Anne and Jim worked to demystify the psychic intuitive realm as they shared Anne's profound personal

experiences and explored in depth the spiritual intuitive process meditation transpersonal counseling and the Kundalini method

Invoking Lakshmi Constantina Rhodes, 2010-09-29 Beautiful beloved Lakshmi is the Hindu goddess of wealth happiness and abundant good fortune This fascinating book is the first comprehensive guide to this celebrated goddess her worship and the deeper spiritual domain of prosperity she reveals Constantina Rhodes presents over five hundred elegantly translated Sanskrit verses including devotional songs mantras visualizations and ceremonial instructions that devotees use to invoke Lakshmi Rhodes uses these texts to develop a richly detailed portrait of Lakshmi revealing unexpected dimensions of this enigmatic deity Even as Lakshmi is best known as a goddess of wealth and well being she also maintains a strong esoteric presence expressing herself as Siddhi the magnificent Tantric goddess of spiritual power and as Kundalini Shakti the transformative cosmic force that exists within each individual These identities express the prosperity consciousness that is the essential nature of the goddess and the divine source of all wealth Invoking Lakshmi is not only a matter of calling upon the external form of the goddess but also of aligning one's consciousness with the very essence of prosperity

Yoga Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master's theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest

Meditation for the Love of It Sally Kempton, 2011-01-01 Meditation is like a love affair with your innermost self At times it can be ecstatic and entrancing other times simple and still and sometimes you might not even feel its profound effects until later Now with Meditation for the Love of It Sally Kempton shares practical secrets to help us turn meditation into an unconditional embrace of the fullness of our experience on and off the meditation cushion With the gentle wisdom and compassion of one who understands the nuances of practice she opens us to the joy of exploring the deep and mysterious inner landscape of the heart mind and body Drawing on her 40 years as a teacher and a fellow meditator Sally teaches us how we can connect to our inner longings and creative shakti energy to allow the transformative gifts and blessings of meditation to unfold With playfulness and devotion two key attitudes in sustaining a daily practice she shares indispensable guidance for this voyage of self discovery including How to tune in to your own meditation channel a bandwidth of tranquillity energy and joy Why you don't need a quiet mind to meditate How the force known as Kundalini can fuel your practice Connecting to your ever present Inner Beloved to let go of conditioned ideas about yourself and make space for the True Self to come forth Ripening your practice beyond technique into the sweet mysterious expanse of spontaneous meditation More than 20 practices for bringing the peace and insight of meditation into your daily life Remember what you seek in meditation is your own Beloved

your own inner intelligence your own Awareness and your own Truth teaches Sally Meditation for the Love of It points us back to our own intimate heart of hearts our own deepest experience and the bliss of existence itself *Touched by the Light* Yvonne Kason,2019-08-03 How Peak Spiritual Experiences Transform Lives Today Dr Yvonne Kason s life was touched by five Near Death experiences NDEs the most recent in 2003 Her dramatic Near Death Experience in a 1979 plane crash propelled her as a young medical doctor to research and counsel people with diverse types of peak spiritual experiences In 1994 she coined the now widely used phrase Spiritually Transformative Experiences STEs These include Near Death Experiences mystical experiences spiritual energy or kundalini awakenings diverse psychic experiences and inspired creativity Touched by the Light is a synthesis of forty years of Dr Kason s research on STEs and their profound after effects on body mind and spirit Filled with fascinating case studies Touched By the Light is inspiring to all as well as a practical guide for those experiencing STEs and their counsellors

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