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spiritual awakening and its 7 ...

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an awakening is to push through it.  
I'm talking about rolling up your  
sleeves and powering deep through

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the emotional baggage you've been carrying around with you. It's ugly and emotional, but you will come through the other side much stronger. Here are a few tips to get through it:

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Why Spiritual Awakening Hurts and

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What You Can Do About It ...

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and straightforward - a surprising combination of spirituality and humour. Tim has the ability to get to the core of what's important, keep it simple and be funny when you least expect it; his words will inspire you and make you laugh at the same time. You can read them over and over again and find

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new perspectives through their  
transformative nature... or maybe  
because the words have changed you.

Herb K., who is also the author of  
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Twelve Steps by explaining the how and why, using his own experience along with traditional and universal spiritual wisdom. This book illuminates a path from the dark world of alcoholism and brokenness to a life of peace, purpose and fulfillment. Herb K. leads Twelve Step workshops,



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within Seven Steps. One word. The key to awakening our hearts and minds, one word--Love. Love means oneness, the glue that binds the universe together. Seven Steps are a journey of love, of heart. It is a search for truth as well as a quest for the ultimate reality of wholeness or

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Abdul. In our journey of spirit, we must embrace the mysteries of the earth and heaven for transformation. We need to experience the moment to moment magic of life. We need to laugh and discover joy, possibly within the simple things of life, and release the burdens that accumulate from our

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life's passage and this pandemic. The world and us all ebb and flow through cycles of change. It is inevitable, and the only thing that is predictable. Step out of your present situation for a moment and ask yourself, what can I become? How does my journey progress from this point forward? Yes,

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it is a struggle, but we can do it. In every crisis, lies great opportunity. This is our opportunity to build a better future. We need to think about what we wish to create. We need to set a goal and take small, disciplined steps in order to achieve it--this is our Seven Steps. The knowledge presented in

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this book, and my other five books, will revolutionize our thinking about ourselves, others and nature so that we will come to see the common thread which binds us all together, and we will perceive the enormous potential we have for awakening and the creation of a new humanity. We

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Are standing on the threshold of a new consciousness of radical nonduality, bubbling under the surface, its energies waiting to be united and unleashed. Together we can achieve this. We can get through this pandemic. Our Seven Steps are a beginning voyage into the deep



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**A**mystery of yourself and everything else. It is the discovery of your own nature and being. The Seven Steps are not a quick fix or instant awakening. It takes commitment, focus, persistence, support, perseverance, and struggle. Yes, there is struggle - the Great Struggle, and

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Most assuredly suffering and sacrifice to get on the other side of this novel coronavirus. At the same time, we need to face and release fear of the unknown and come to terms with the dysfunction darkness within us, and the unresolved woundings of our past. This take courage and resolve. Keep

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love and hope in your heart. During this most difficult time, our faith is that your spirit will be uplifted, inspired, and brighten by your journey through our Seven Steps.

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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

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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:

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pieces of 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

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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



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Composed of various articles that we have published on lonerwolf.com in the past. We have also added extra content to help illuminate your path and guide you through this sacred time of life.

World-renowned spiritual guidance

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expert, new-age thought leader Necole Livingston brings to light the secret spiritual code of life that every human being has at their disposal and the ability to master every single spiritual awakening one will ever have. From the moment one realizes she is experiencing a world colored with such

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ethereal vibrancy, her existence then transforms her human into a state of panic and confusion. While standing within a timeless paradigm, the shift that is occurring is felt by every single pixel of her entire being. Time stands still, yet the world keeps moving. As the veil is lifted, she is exposed to her

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life from the outside in and the inside out at the same exact moment of timelessness as she is still within her now. It is that very moment that same human will become aware that they are indeed a soul within a body and the life they have been living is getting ready to transform with overwhelming

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significance, yet unsettling and surreal calm. This book allows the reader their own private passage directly into their own paradoxical journey to actively engage and willingly participate in this thing that is happening to them called spiritual awakening. The best-selling enlightenment author skillfully helps

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the reader cultivate their own strategic approach to their awakening by applying the step-by-step, proven methods carefully outlined in this creative, interactive, priceless spiritual toolbox. With each invaluable moment, the reader experiences breakthroughs while controlling their own magnificent

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feel unsettled-and may not know what to do. Somehow, you know there is more "out there" for you-a deeper existence. And even if you have come to "know" God, you can still feel there is something missing. **EVEN IF YOU HAVE BEEN DISAPPOINTED BEFORE** Many people are



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disappointed in their attempts to practice spiritual disciplines such as prayer and Bible reading, because their personal spirits are not fully awakened to the presence of God. Most of us need help to awaken fully to the "more" we desperately desire. This book will guide you with sound

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with simple daily exercises and writing  
prompts to discover more of God's

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presence. Essentially, you learn "how" to be led by the Holy Spirit day by day. Even if you have never used a journal before (even if you don't think you are a journaling type of person), this book makes it simple and easy to follow the daily prompts and write easily from your heart. You will learn how in 3

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easy steps. You will experience increased spiritual growth and awaken to an increased intimacy with God.

WHAT YOU WILL LEARN ? How to determine if you are spiritually awake or asleep ? How to recognize God's voice & presence ? How to receive from God in your journaling time ?

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hands every morning helps with our decision to pursue our spiritual growth. Unfortunately, electronic book versions tend to get lost and neglected on our devices. However, I do have the electronic version available, for your convenience. The Kindle version is free when you buy a paper copy.

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to open your mind and use more of your brain to try and connect to the outside world. But what are those things that allow you to open your mind and use more of your brain? The answer is Chakras. Chakras are centers of energy located inside the body that assists in regulating all of the

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processes in the human. When activating a chakra you will start to feel energy pushing you or making the hair on the back of your neck stand up. Each individual chakra has its own frequency that it vibrates to control the functioning of the body. Our ancestors knew that our spirituality is connected

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with our body thanks to pineal gland. The pineal gland, also referred to as the 'seat of the soul, ' plays a very important role in the third eye chakra awakening. It is the physical location of the third eye. This book will explain the real role of the pineal gland and the reasons due to which science now

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Acknowledges its importance in gaining higher consciousness. It is the most important gland when it comes to raising your levels of consciousness and gaining psychic powers. It doesn't require any special kind of person to activate the third eye. You can activate it if you prepare yourself well; this book

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spirituality improve your mind power  
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Understand the correct process and the way you should move on the path to achieve success. When we speak of psychic ability, we basically refer to accepting information from sources we may not understand, reacting to inexplicable experiences with to them openness and trust instead of fear.

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Everybody is likely to have been touched by at least one psychic ability. You should become familiar with a few, including seeing visions, déjà vu, and sensing danger. In this book, we will explore what we mean when we say a person "is psychic", some different manifestations of psychic

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phenomena, and the main types of psychic perception. You will learn how to recognize, awaken and stimulate your own psychic abilities through a number of techniques. You will discover tools and practice exercises to strengthen and harmonize your body's energy fields, explore the



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world, and strengthen your connections with other people. Here's what you'll learn in this book: - The Seven Chakras - The Third Eye Chakra - The Planets and Your Chakras - Some Yoga Exercises - Balancing Your Chakras - Chakras and Aura - Early signs and types of

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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

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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

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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.

"Our Goal is God" is a unique book in

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the body, mind and spirit market, in that, it covers a variety of topics in an easy to read and easy to understand way that encourages the reader to challenge the established views of the society by listening to the inner voice, the intuition. In order to answer the three most frequently asked questions

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throughout history: Who are we?  
Where did we come from? and Where  
are we going?, the book covers topics  
like our physical, astral and causal  
body, reincarnations, cause and effect,  
realms of heaven, human abilities,  
creation of the universe, meditation,  
and entering into this new age we are



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standing at the threshold of. The book is divided into three sections, each for one of the above questions. By asking who we are, the book takes a look at the present moment and gives a description of our physical, astral and causal body works, how the universe work, and what our relationship is to

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Abdi. The second part takes the reader through time, from the dawn of creation to the present moment. The third part shows the reader the way into the future by giving advise on how to change our life through awareness and meditation. A lot of people all over the world, and young people in

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Particular, have experiences with the astral world, or the spirit world, that is hard for them to comprehend and even harder to talk about to their peers and mentors. It is my sincere hope that this book will be of comfort to them. It will also serve as a guide on how to live more in tune with ourself and our

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