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ADRIENNE MICAELA

*Finding I Am - Bible Study Book with Video
Access Penguin Life*

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

Radical Acceptance Hazelden Publishing
A book of wisdom teachings and rituals that invoke ancient Egyptian deities to awaken human consciousness • Provides guided shamanic visualizations to invoke 26 of the most significant gods • Takes the reader through shamanic portals of death, rebirth, and illumination • Reconciles

internal conflict through a sacred marriage of heart and mind In *Shamanic Mysteries of Egypt*, Nicki Scully and Linda Star Wolf renew humanity's connection to the ancient gods of Egypt, the neteru. Voices from these divine ancestors remind us of the healing power of the heart, and call us to bring their consciousness into the present to help us remember our true nature as divine humans with sacred purpose. The authors provide rituals, meditations, and rites of passage to help us meet our personal and planetary challenges with grace, wisdom, and love. The shamanic initiations provided are invoked, directly experienced, and transformed into embodied wisdom that awakens consciousness and illumines the

intelligence of the heart. Scully and Star Wolf focus their rituals on 26 of the primary divine entities that preside over the ancient mysteries whose roots are in Old Kingdom and pre-historic Egypt. This fresh interpretation of ancient mysteries unites the energies of Thoth and Anubis to guide us through the current cycle of Earth changes and to help us remember who we really are at heart. Through these passages, Anubis lives up to his ancient title as the Opener of the Way, and Thoth as the Architect of Higher Learning. Together they evoke their power to unite heart and mind in the sacred marriage that brings transformation, renewal, and the awakening of consciousness.
Restoring the Foundations Grove Press

"Doc Childre's writing is eloquent, his wisdom is profound, and his easy way of communicating makes this book a treasure. His colleagues present the energy of the heart in the safety of a scientific context that invites us again and again to move beyond it." -- Gary Zukav, author *The Seat of the Soul* and *The Dancing Wu Li Masters* *Heart Intelligence, Connecting with the Intuitive Guidance of the Heart* provides readers with a new, high definition picture of the energetic heart as a unifying, creative, intuitive intelligence that we can learn to draw on for moment to moment guidance. *Heart Intelligence* links the physical heart to the spiritual (energetic) heart. Through its extensive communication with the brain and body, the heart is intimately involved in how we think, feel, and respond to the world. Expanding on their breakthrough book, *The HeartMath Solution*, the authors offer heart-based techniques and guidelines for living from the heart, which connects the puzzle pieces of our purpose and fulfillment. The book provides information and simple practices for accessing our heart's intuitive guidance to connect with our highest choices for better

outcomes. Our choices are especially important through these changing times because they constantly create or disrupt our peace, happiness and self-security. Our thoughts and feelings influence the chemistry that regulates much of our health -- how we feel, for better or worse. Our thoughts, feelings, emotions and attitudes are just frequencies that we can learn to change -- once we put our heart into our intention. *Heart Intelligence* provides practices to replace fear with the attitude of intelligent concern (managed concern) which leaves us in charge and more attuned to intuitive direction. We learn the benefits of practicing simple coherence techniques a few times a day for boosting resilience and emotional balance; making appropriate choices; and clearing our mind from anxiety or overwhelm when needed. It is through deepening our heart intelligence, coherence and connection that humanity will be able to shift from separation to cooperation resulting in higher solutions to our personal and global problems

Grounded Spirituality Bloomsbury Publishing USA
Having jumped into the fantasy land of

Luster, Cara joins Lightfoot the unicorn in the search for Queen Arabella Skydancer.

No One Is Talking About This

Shambhala Publications

In this fascinating book, New Yorker business columnist James Surowiecki explores a deceptively simple idea: Large groups of people are smarter than an elite few, no matter how brilliant—better at solving problems, fostering innovation, coming to wise decisions, even predicting the future. With boundless erudition and in delightfully clear prose, Surowiecki ranges across fields as diverse as popular culture, psychology, ant biology, behavioral economics, artificial intelligence, military history, and politics to show how this simple idea offers important lessons for how we live our lives, select our leaders, run our companies, and think about our world.

Twenty-Four Hours a Day Restoring the Foundations International, Incorporated
Develop a powerful practice of deep relaxation and transformative self-inquiry with this essential guide to yoga nidra, accompanied by downloadable audio meditations. Yoga nidra is a practice devoted to allowing your body and mind to

rest while your consciousness remains awake and aware, creating the opportunity for you to tap into a deeper understanding of yourself and your true nature. At its heart, yoga nidra is about waking up to the fullness of your life. In *Radiant Rest*, Tracee Stanley draws on over twenty years of experience as a yoga nidra teacher and practitioner to introduce the history of yoga nidra, mind and body relaxation, and the surprising power of rest in our daily lives. This accessible guide shares six essential practices arranged around the koshas, the five subtle layers of the body: the physical, energetic, mental, intuitive, and bliss bodies. It also offers shorter, accessible practices for people pressed for time. Each practice is explained through step-by-step instructions and ends with self-inquiry prompts. A set of guided audio meditations provide further instruction. Feel a greater sense of stability, peace, and clarity in all aspects of your life as you deepen your yoga nidra practice and discover its true power.

Heart Intelligence: Connecting with the Intuitive Guidance of the Heart
Penguin

A passionate and deep exploration of how love is essential to our spiritual growth and development, from beloved author and teacher A. H. Almaas. Love is a universal energy--and a primary force that powers our movement toward spiritual illumination. All the ways we need love are simply reflections of our need for spiritual growth. In *Love Unveiled*, A. H. Almaas explores three dimensions of love: appreciative love--the true liking of somebody or something; merging or connecting love--a force that melts away separateness; and passionate, ecstatic love--capable of consuming us from inside. In their own way, each reveals the beauty and exquisiteness of our spiritual heart, which is the heart of the divine. However, the path of spiritual love is not without challenges. Almaas explores the barriers that tend to block our experience of loving awakening and provides experiential exercises throughout the book to help readers along their path. The exercises focus on the obstacles or misunderstandings that commonly arise for each quality or dimension of love. Presented in the form of writing or monologuing prompts, readers can work

independently or in small groups to confront the emotional obstacles on their spiritual path. Regardless of where you are on your path, *Love Unveiled* will help you explore love in three essential dimensions and gain a deeper connection to yourself. *White Hot Truth* Sounds True
The conclusion of the epic trilogy from the #1 New York Times bestselling author of *The Awakening* and *The Becoming*. Talamh is a land of green hills, high mountains, deep forests, and seas, where magicks thrive. But portals allow for passage in and out—and ultimately, each must choose their place, and choose between good and evil, war and peace, life and death... Breen Siobhan Kelly grew up in the world of Man and was once unaware of her true nature. Now she is in Talamh, trying to heal after a terrible battle and heartbreaking losses. Her grandfather, the dark god Odran, has been defeated in his attempt to rule over Talamh, and over Breen—for now. With the enemy cast out and the portal sealed, this is a time to rest and to prepare. Breen spreads her wings and realizes a power she's never experienced before. It's also a time for celebrations—of her first Christmas in both

Talamh and Ireland, of solstice and weddings and births—and daring to find joy again in the wake of sorrow. She rededicates herself to writing her stories, and when his duties as taoiseach permit, she is together with Keegan, who has trained her as a warrior and whom she has grown to love. It's Keegan who's at her side when the enemy's witches, traitorous and power-mad, appear to her in her sleep, practicing black magick, sacrificing the innocent, and plotting a brutal destruction for Breen. And soon, united with him and with all of Talamh, she will seek out those in desperate need of rescue, and confront the darkness with every weapon she has: her sword, her magicks—and her courage...

Finna Bantam

"A must-read for anyone interested in incorporating meditation into their lifestyle." --Sanjay Gupta, MD, chief medical correspondent for CNN
Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as

Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person's faith. Our modern, fast-paced world can be an overwhelming place. Every day, we're bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji's own combination of approaches and practices for the modern seeker—which draws from the teachings of Sahaj Marg, meaning "Natural Path"—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self

within. While many books describe refined states of being, The Heartfulness Way goes further, providing a pragmatic course to experience those states for oneself, which, per the book's guiding principle, is "greater than knowledge." Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you'll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

Deep Listening Tordotcom

In the Deep Heart's Core is the uplifting story of young Teach for America volunteer who becomes an English teacher in a desperately impoverished African-American high school in the rural Mississippi Delta beset by gang violence, drug abuse, ruptured families and teen pregnancy—but among the sorrow and

struggle he finds dignity and hope, and works to bring the nascent intellectual curiosity of his students to full flower. [Our Crooked Hearts](#) Corwin Press
The best-selling author of *The Wisdom of Jesus* and *The Meaning of Mary Magdalene* demystifies the popular Christian meditation method rooted in contemplative prayer. Centering Prayer is the path to a wonderful and radical new way of seeing the world. It is not, as is sometimes thought, simply an act of devotional piety, nor is it simply a Christianized form of other meditation methods. Cynthia Bourgeault here cuts through the misconceptions to show that Centering Prayer is in fact a pioneering development within the Christian contemplative tradition. She provides a practical, complete course in the practice and then goes deeper to analyze what actually happens in Centering Prayer: the mind effectively switches to a new operating system that makes possible the perception of nonduality. With this understanding in place, she then takes us on a journey through one of the sources of the practice, the Christian contemplative classic *The Cloud of Unknowing*, revealing

it to be among the earliest Christian explorations of the phenomenology of consciousness. Cynthia Bourgeault's illumination of the Centering Prayer path provides compelling evidence of how important the practice has become in the half-century since it first arose among American Trappist monks, and of its maturation and refinement over the ensuing years of sincere study and practice. It will resonate with beginners on the Centering Prayer path as well as with seasoned practitioners. [Our Missing Hearts](#) St. Martin's Essentials
"With this insightful book, David Whyte offers people in corporate life an opportunity to reach into the forgotten and ignored creative life (their own and the corporation's) and literally water their souls with it. The result is a very well written book that can truly heal."—Clarissa Pinkola Estés, PH.D., author of *Women Who Run With the Wolves* and *The Gift of Story* Find professional and personal fulfillment through the poetry of both classic and modern masters—now revised and updated Has your work lost its meaning? Have you forgotten the goals you hoped to achieve when you began

your career? Are you afraid of pursuing your dreams? In *The Heart Aroused*, David Whyte brings his unique perspective as poet and consultant to the workplace, showing readers how fulfilling work can be when they face their fears and follow their dreams. Going beneath the surface concerns about products and profits, organization and order, Whyte addresses the needs of the heart and soul, and the fears and desires that many workers keep hidden. At a time when corporations are calling on employees for more creativity, dedication, and adaptability, and workers are trying desperately to balance home and work, this revised edition of *The Heart Aroused* is the essential guide to reinvigorating the soul. [The Heart of Centering Prayer](#) Scholastic Paperbacks
Darkness blooms in bestselling author Kalynn Bayron's new contemporary fantasy about a girl with a unique and deadly power. Briseis has a gift: with a single touch she can grow plants from tiny seeds to rich blooms. When Briseis's aunt dies and wills her a dilapidated estate in rural New York, Bri and her parents hope that surrounded by plants and flowers, she

will finally learn to control her gift. But their new home is sinister in ways they never expected—it comes with a mysterious set of instructions, a walled garden filled with the deadliest botanicals in the world, and generations of secrets. There is more to Bri's sudden inheritance than she could have imagined, and she is determined to uncover it. From the bestselling author of *Cinderella Is Dead* comes an enchanting story about a young woman with the power to conquer the dark forces descending around her.

[Coming Home to Yourself](#) Shambhala Publications

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.

The Heart Aroused Macmillan
 "A magical anti-capitalist adventure."
 —Annalee Newitz Nino Cipri's *Finna* is a rambunctious, touching story that blends all the horrors the multiverse has to offer with the everyday awfulness of low-wage work. It explores queer relationships and queer feelings, capitalism and accountability, labor and love, all with a bouncing sense of humor and a commitment to the strange. When an elderly customer at a Swedish big box furniture store — but not that one — slips through a portal to another dimension, it's up to two minimum-wage employees to track her across the multiverse and protect their company's bottom line. Multi-dimensional swashbuckling would be hard enough, but those two unfortunate souls broke up a week ago. To find the missing granny, Ava and Jules will brave carnivorous furniture, swarms of identical furniture spokespeople, and the deep resentment simmering between them. Can

friendship blossom from the ashes of their relationship? In infinite dimensions, all things are possible. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Every Heart a Doorway St. Martin's Press
 A beautifully illustrated collection of mindfulness exercises for grounding, relaxation, and finding inner peace, from contemporary mystic Osho. All of us have experienced moments of "coming home"—feeling relaxed, grounded, free of the restlessness that characterizes so much of our everyday lives. These moments can arise in nature or in the depths of an activity we enjoy, alone or together with people we love. They show us that we are exactly where we are supposed to be. The meditations in *Coming Home to Yourself* were selected from Osho's hundreds of public talks and intimate conversations. These passages are designed to be a companion on the journey toward transforming our rare moments of "at-home-ness" into an undercurrent that permeates all aspects of our lives. They offer guidance about meditation and specific techniques to try, insights into the

habits that keep us tense and conflicted, and what life might look like if we recognize those habits and let them go. Exercises include activating your awareness, opening the heart, learning to relax and concentrate in order to reap the benefits of meditation, and freeing the brain from mental blocks. Featuring whimsical full color illustrations throughout, *Coming Home to Yourself* invites the reader to dip into the meditations at any point or read the book in sequence for a true homecoming experience.

The Wisdom of Crowds New Leaf Distribution

World-renowned restorative yoga teacher Jillian Pransky came to the practice of yoga to heal herself. For much of her life, she subscribed to a relentless work hard/play hard mentality, burying parts of herself beneath the pursuit of busy-ness and accomplishment. It wasn't until a devastating personal loss and health crisis thrust her into suffocating anxiety that she stopped racing around. As she began to pause and examine her actions and emotions, she found herself able to unlock deeply seated tension in her mind and

body. Since then, Pransky has been devoted to studying and teaching mindfulness practices, deep relaxation, and compassionate listening. In *Deep Listening*, Pransky presents her signature Calm Body, Clear Mind, Open Heart program—a 10-step journey of self-exploration that she's taught around the world. Derived from the techniques that healed her, the practice of Deep Listening invites you to pay close attention to your body, mind, and heart. You're taught how to tune inward and relax into a state of openness, ease, and clarity. This is the new frontier in integrative wellness—mindfulness designed for healing. Pransky doesn't ask you to "be your best self," or "do more!" She asks you to "be here" and "do less." She guides you gently through the stages of Deep Listening, from being present and noticing your tension to welcoming what you discover with softness and compassion. She integrates tools like guided meditations, journaling prompts, and restorative yoga poses to help you regard yourself with kindness and curiosity. Immersing yourself in the practice of Deep Listening will allow you to nurture your

own well-being.

[The Deep Heart](#) Penguin

#1 NEW YORK TIMES BESTSELLER • In her latest book, Brené Brown writes, "If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection." Don't miss the five-part HBO Max docuseries *Brené Brown: Atlas of the Heart*! In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives.

Atlas of the Heart draws on this research, as well as on Brown's singular skills as a storyteller, to show us how accurately naming an experience doesn't give the experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, "I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves."

Radiant Rest Waterside Productions

This introductory course has been designed for women who are brand new to Walking with Purpose as well as those with more experience in Bible study. The themes we'll explore are the timeless, foundational, core questions that people return to century after century. Delving into these topics will help fill holes in our spiritual foundations so that we have something firm to stand on when life gets shaky. A DVD series, *Priorities* complements the course. Immensely practical and encouraging, *Opening Your*

Heart is the perfect starting point as you seek to grow closer to God.

The Heartfulness Way New World Library

An instant New York Times bestseller • A New York Times Notable Book of 2022 • Named a Best Book of 2022 by People, TIME Magazine, The Washington Post, USA Today, NPR, Los Angeles Times, and Oprah Daily, and more • A Reese's Book Club Pick • New York Times Paperback Row Selection From the #1 bestselling author of *Little Fires Everywhere*, comes the inspiring new novel about a mother's unshakeable love. "It's impossible not to be moved." —Stephen King, *The New York Times Book Review* "Riveting, tender, and timely." —People, *Book of the Week* "Thought-provoking, heart-wrenching . . . I was so invested in the future of this mother and son, and I can't wait to hear what you think of this deeply suspenseful story!" —Reese Witherspoon (Reese's Book Club Pick) Twelve-year-old Bird Gardner lives a quiet existence with his

loving father, a former linguist who now shelves books in a university library. His mother Margaret, a Chinese American poet, left without a trace when he was nine years old. He doesn't know what happened to her—only that her books have been banned—and he resents that she cared more about her work than about him. Then one day, Bird receives a mysterious letter containing only a cryptic drawing, and soon he is pulled into a quest to find her. His journey will take him back to the many folktales she poured into his head as a child, through the ranks of an underground network of heroic librarians, and finally to New York City, where he will finally learn the truth about what happened to his mother, and what the future holds for them both. *Our Missing Hearts* is an old story made new, of the ways supposedly civilized communities can ignore the most searing injustice. It's about the lessons and legacies we pass on to our children, and the power of art to create change.