

# Element Encyclopedia Of Birthdays By Theresa Cheung

what if the line between your waking life and your darkest dreams disappeared forever what if the line between your waking life and your darkest dreams disappeared forever alice sinclair a driven psychology professor is about to find out when thousands of people begin experiencing terrifying vivid nightmares all centered around her alice s quiet academic life is

shattered haunted by the question of why she's become the subject of these shared dreams alice embarks on a desperate search for answers uncovering a chilling secret someone or something hungry for global power has discovered a way to manipulate consciousness itself the world is fast becoming a playground for those in control of the dreaming mind in a heart stopping race against time alice must navigate a treacherous web of deception where nothing and no one can be trusted not even herself

the key to developing your sixth sense is your imagination unlock the power of imagination and you open yourself to a world of new possibilities when most people think of a sixth sense they tend to think of an intuitive power after consideration it becomes apparent that what we call intuition is not only a mental facility but also a super sense the cumulative power of all the senses sight hearing taste touch and smell as we all possess intuition we are therefore all able to unify our senses giving us the power to find meaning in our lives realize our potential and achieve personal fulfilment your sixth sense can help in all aspects of your life your relationships career and family but most of all it can help you become the happy and successful person you are destined to be featuring beautiful illustrations and simple exercises this is the perfect little book to help you awaken your psychic ability hear with your emotions and thoughts exercise your mind and body to become more sensitive to your environment and the objects within it develop your ability to read minds and understand people better interpret auras

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theresa cheung author of the sunday times bestselling an angel healed me returns with a brand new collection of astonishing true stories about the many different ways our guardian angels speak to us and reveal their divine messages of comfort guidance and inspiration the remarkable and honest accounts in an angel spoke to me are proof that extraordinary things can and do happen to ordinary people healing and transforming their lives in the process these remarkable stories of angelic intervention remind us that there is so much more to this life than we will ever know from out of nowhere in our troubled world our angels can send us much needed messages of comfort mercy goodness and love from the other side

following in the hugely popular angel saved my life series comes a moving collection of real life stories from the afterlife

did you know that the day and month of your birth can tell you about your personality ticks your ideal partner or your perfect

career the element encyclopedia of birthdays combines astrology psychology numerology and tarot giving you practical advice on how to make the best of yourself and shape your future the element encyclopedia of birthdays couldn't be simpler to use just turn to the page of your birthday and discover the secret to exactly who you are based on a unique combination of astrology numerology tarot colour theory and psychology this combination of approaches provides a uncannily accurate profile for each birthday of the year but you don't just get an indepth personality profile you get practical advice and guidance on what to do to maximise the opportunities that life throws your way find out what your greatest challenges are and how to solve them discover your best side as well as your dark side and how to make the best of both every birthday has its own unique luckmaker find out what yours is so that you can arm yourself with good luck every day the book reveals your lucky numbers lucky days planets tarot cards and favourable days of the month find out who those special people are that you are drawn to and the special years in your life that will be significant discover your career and life goals how to manage love and relationships and how to maximise your health this compelling reference book gives you insight into your own profile and you'll also be quickly turning the page to find out all about your friends family lovers and colleagues too

the afterlife is realis the latest book from much loved paranormal expert theresa cheung and is a captivating collection of true stories from people who have glimpsed the next life using as evidence first hand accounts from ordinary people whose lives have been transformed by near death experiences and or contact with the other side theresa will answer the big questions that everyone asks at some point in their lives whether or not they are religious spiritual what happens when we die will we ever see our loved ones again is there an afterlife is there a heaven its aim is to empower readers with the knowledge that there are answers hope and life in the midst of confusion uncertainty and death theresa instructs readers in how to look for signs of spirit communication and how near death experiences can inspire and transform lives it is a powerful and comforting reminder that there is more waiting for us than we see in the here and now

following on from the hugely popular angel saved my life series comes a moving new collection of real life stories from the afterlife

we all need to find connection and meaning in the midst of the fast paced world we live in and rituals offer an easy and simple way to do this in this 365 year long exploration theresa cheung offers daily practices to help us bring focus and attention to our lives for meaningful and achievable change a ritual is any action we take that has meaning beyond its appearance by giving an

action intention it becomes sacred and purposeful the absence of significant ceremony in our lives has left us feeling disconnected confused and alone rituals and ceremony allow us to be present in the now focus on the future and provide us with closure on the past they return us to what matters drawing on science and psychology theresa cheung's 365 non denominational rituals will help anyone to transform their lives split into four sections the book begins with 21 simple foundation rituals to help you ground your daily practice the second and largest section is broken down into 4 areas body mind spirit and heart each containing 74 rituals some simple and some more complex choose the area you feel you want to focus on and follow the rituals in sequence or chose as you wish the third section has a four week programme focussing on success and broken down week by week and the final section contains 21 closing rituals for those wanting a year long programme the book can be used day by day or alternatively choose a ritual at random

decode your dreams and heal your life the essential book to fix your life from the inside richard moriarty north west district editor the sun

unlock the mystery of twin flame relationships with spiritual expert theresa cheung every relationship has lessons to teach you but none more so than the twin flame relationship meeting your twin flame is the most powerful soul encounter you can ever experience often marked with an irresistible familiarity and heart breaking intensity your twin flame serves as a mirror to both the best and the most unlikeable and unhealed parts of you the twin flame relationship has an ancient multi cultural history behind it and is accompanied by many immortal expressions across art and culture but unfortunately it is also often very misunderstood from debunking the myths around twin flames to offering practical advice for navigating these passionate connections your twin flame journey is a comprehensive guide to intimate relationships from a psychological and spiritual perspective with theresa's expert guidance you will learn how to heal your broken heart and make empowering decisions for yourself as theresa knows best of all you cannot find your twin flame until you spiritually awaken to the power of self love first

from the sunday times bestselling author of an angel healed me comes a riveting collection of true life accounts of people who have had contact with departed loved ones based on her own personal experiences and the experiences of ordinary people bestselling author theresa cheung has assembled a collection of comforting and startling stories about contact with the departed the book reaffirms that the spirit world is ever present in our lives and it is possible to reconnect with those we have loved and lost using first hand accounts from people whose lives have been transformed by communication from those who

have passed on theresa shows that you can begin your own dialogue with heaven offering comfort to those grappling with the loss of a loved one the book concludes with a how to section to help readers find their own way to talk to heaven

following on from the success of theresa cheung s previous 21 ritual series comes a nature based daily practice book it contains 21 simple easy daily rituals to help you tune into the natural world around you helping you to feel more grounded and connected to yourself and others it is well known that spending time in nature increases our health vitality and sense of wellbeing some researchers have linked obesity adhd and other health conditions to a disconnection from nature what richard louv calls nature deficit disorder the problem is that our society has never been as far removed from nature or our natural affinities with the nonhuman world as we are today spending more time in nature is an obvious solution to feelings of disconnection drawing on what science and psychology teach us about the benefits of connecting more to the living power of nature and how to strengthen it using the life changing power of ritual this book offers 21 powerful rituals that don t necessarily require a wilderness trek or trip to the countryside readers will be encouraged to perform 21 connecting with nature rituals every day over a three week period as research shows that it takes around three weeks to ensure a daily ritual becomes entrenched at neural level some of the rituals will need to be performed outdoors in easy to find locations but others can be performed in your home or office the first week will focus on connecting with nature indoors the second in the fresh air and the third at a specific location so the progression to wild nature is accessible the rituals are very easy to understand and incorporate into everyday life some in a matter of moments and others a little while longer

how to catch a dream is the ultimate toolkit to become a lucid dreamer to create a happier and more fulfilling waking life theresa cheung shows us that the way forward is to understand that consciousness spiritual awareness is the fundamental ground of all experience deepak chopra

an in depth study into the cutting edge science of sensing the future or precognition from a cognitive neuroscientist and the bestselling author of the dream dictionary in this groundbreaking book bestselling author theresa cheung joins forces with cognitive neuroscientist julia mossbridge phd director of the innovation lab at the institute of noetic sciences ions together they reveal revolutionary new research showing that sensing the future is possible they also provide practical tools and techniques you can use to develop your own powers of precognition precognition is the scientific name for the knowledge or perception of the future obtained through extrasensory means often called premonition precognition is the most frequently

reported of all extrasensory perception esp experiences occurring most often in dreams it may also occur spontaneously in waking visions auditory hallucinations flashing thoughts entering the mind the sense of knowing and physiological changes combining science and practice theresa and dr julia unravel the mystery of precognition the book will cover what precognition is and the different types clearly explaining the cutting edge science including what is known and what is still a mystery the most common premonitions that people experience and why including examples from around the world experimental tools to help you cultivate precognition experiences to help get useful information for your life case studies included throughout with supporting scientific evidence offered alongside to provide validation and explanation personal experiences of the authors detailing how premonition has shaped their lives and interviews with leading scientists and experts in the field

i ve always hated my nose the way it looks and the fact that it s so big when i was little i d do drawings of smiling faces with no noses my parents and teachers would always remind me to draw the nose but i never did the way i see my nose has changed since i started face reading if only i d known sooner that having a long nose is pretty cool sarah 12 you can learn the most amazing things by simply using your face and hands and a little help from this book you see faces everyday but do you really look at them face reading helps you to analyse every feature line and shape and work out what they say about your personality relationships and future destiny hand reading or palmistry is another brilliant way to find out all about you and your friends and family by looking at your whole hand fingers and thumbs and lines on your palms you ll see just how useful and informative hand reading can be in your everyday life face and hand reading shows you how you can change your life by discovering just how incredible and unique you are it is part of our stunning new mind body spirit series for teenage girls amazing you

take your first step into a world of endless potential have you ever had dreams that later seemed to come true or had a hunch that something would happen and then it did do you ever just know what someone else is thinking what we call intuition is as well as being a mental facility also a super sense the cumulative power of all the senses sight hearing taste touch and smell as we all possess intuition we are therefore all able to unify our senses giving us the power to find meaning in our lives realize our potential and achieve personal fulfilment this book will teach you how to strengthen your sixth sense finding natural ways to tap into your wellspring of intuitive wisdom through relaxation dream analysis meditation clairvoyance self hypnosis remote viewing mandala work intuitive consciousness raising psychometry telekinesis telepathy aura reading scrying and many others

dream really can come true read astonishing true stories of dreams that have healed transformed and even saved lives in this remarkable book that shows how dreams can predict the future as a guide on this journey expert author theresa cheung unravels the meaning of each dream to show to the reader how they too can make sense of their own dreams and harness their mysterious predictive power

angel expert theresa cheung is back with a new collection of inspiring true stories about how our guardian angels can offer help protection and direction in times of trouble and by so doing transform our lives forever an angel changed my lifebrings together a fascinating anthology of ordinary people s extraordinary experiences where angelic intervention has inspired them to turn their lives around uplifting true life accounts of miraculous healing and guidance include stories of near death experiences such as the teenager who found himself unaccountably brought to dry land after almost drowning the grandmother who discovered superhuman strength when her grandchild faced mortal danger and the grieving widow who found comfort support and purpose from an angel presence these stories bring us a much needed tonic in a troubled world and show us how angels can bring a sense of wonder and gratitude to our lives and give us a meaning and purpose we never knew we had

ever dream that you were flying or being chased do you wake up and wonder what did that mean decoding your dreams can offer incredible insight into yourself and your life every night your dreaming mind is gently and subtly counselling guiding and inspiring you this journal is the perfect tool to recall and interpret your dreams giving an incredible opportunity for personal growth the dream decoder journal gives you instructions and helpful tips on how to recall your dreams as well as tools to decipher their meanings including interpretations of 60 of the most common dreams explaining what your unconscious mind is telling you and what events or situations in your waking life might inspire certain dreams this improved self awareness can be used as a tool to deal with challenging emotional situations or life choices this book is the companion to dream decoder a set of cards that pairs archetypal dreams with common interpretations author theresa cheung has been researching and writing about spirituality and personal transformation for over 20 years she has written two sunday times top 10 bestselling books about dream interpretation

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