

## Play Of Consciousness A Spiritual Autobiography Paperback

Neuroscience, Consciousness and Spirituality The Spiritual Consciousness Scale Wake Up Consciousness The Joys & Benefits of Experiencing Our Spiritual Consciousness Handbook of New Spiritual Consciousness Transcending the Levels of Consciousness Cosmic Consciousness Being, Consciousness, Value Spiritual Consciousness Evolution Of Consciousness Unfolding Dialogues on Consciousness and Spirituality Consciousness Rising Yoga Lessons for Developing Spiritual Consciousness Enlightened Consciousness Authentic Spirituality What Is Self? Uncharted Corners of Consciousness Cosmic Consciousness Harald Walach Ferenc Margitics Ph D Frank M. Wanderer Lloyd Armogan Ferenc Margitics David R. Hawkins, MD/PHD Swami Amar Jyoti Elizabeth Clare Prophet Jerrold G Posner Mark Lynn Florencio J. Perez Joel S. Goldsmith David R. Hawkins Nicky Sutton A. P. Mukerji Griff O'Brien Richard N. Potter Bernadette Roberts Gerbrig Berman Richard Maurice Bucke

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neuroscience consciousness and spirituality presents a variety of perspectives by leading thinkers on contemporary research into the brain the mind and the spirit this volumes aims at combining knowledge from neuroscience with approaches from the experiential perspective of the first person singular in order to arrive at an integrated understanding of consciousness individual chapters discuss new areas of research such as near death studies and neuroscience research into spiritual experiences and report on significant new theoretical advances from harald walach s introductory essay neuroscience consciousness spirituality questions problems and potential solutions to the concluding chapter by robert k c foreman entitled an emerging new model for consciousness the consciousness field model this book represents a milestone in the progress towards an integrated understanding of spirituality

neuroscience and consciousness it is the first in a series of books that are dedicated to this topic

in the past fifteen or twenty years there has been considerable research into the effects of religion and spirituality on people's physical and mental health today the polarization of two concepts is observable religion represents everything that comes from the outside it is formal and institutional whereas spirituality represents everything that is subjective personal emotional comes from the inside and is not systematic eckhart tolle draws our attention to another approach to spirituality in his opinion our present consciousness opens up the gate to spirituality the individual must experience the present moment while the alertness of his/her consciousness enables the person to view his or her own thoughts emotions and reactions triggered by the stimuli of the environment the presence thus created conscious alertness brings about the sense of tranquility and internal peace the sustained conscious attention launches the spiritual process of transubstantiation that leads the individual to a spiritual consciousness new perspective and new ways of observing this process by transforming the consciousness of the person changes the entire personality of the individual the author makes an effort to approach this process with the means of scientific research following the teachings of eckhart tolle the author created the spiritual consciousness scale scs and carried out its statistical analysis the purpose has been developing a new measuring instrument for the recognition of spiritual consciousness

you are an immortal being who is lost in the world of isolation and now is desperately searching for itself frank m wanderer ph d is a professor of psychology consciousness researcher and writer author of several books on consciousness he is hungarian doesn't speak english well so his books and articles are translated his works are published in popular websites as wake up world the mind unleashed spirit science waking times the mind journal enlightened consciousness siva spirit and so on with a lifelong interest in the mystery of human existence frank helps others to wake up from identification with their own personal history the illusory world of forms and shapes and to find their true self in consciousness this book is an anthology a collection from his most interesting writings

religion and spirituality are the part of the life of a great many people a value that plays an important role in among others leading a healthy life and preserving their health in the past fifteen or twenty years there has been considerable research into the effects of religion and spirituality on people's physical and mental health today the polarisation of two concepts is observable religion represents everything that comes from the outside it is formal and institutional whereas spirituality represents everything that is subjective personal emotional comes from the inside and is not systematic eckhart tolle draws our attention to another approach to spirituality in his opinion our present consciousness opens up the gate to spirituality the individual must experience the present moment while the alertness of his/her consciousness enables the person to view his or her own thoughts emotions and reactions triggered by the stimuli of the environment the presence thus created conscious alertness brings about the sense of tranquility and internal peace the sustained conscious attention launches the spiritual process of transubstantiation that leads the individual to a new

spiritual consciousness new perspective and new ways of observations this process by transforming the consciousness of the person changes the entire personality of the individual the author makes an effort to approach this process with the means of scientific research following the teachings of eckhart tolle the author created the new spiritual consciousness scale nscs and carried out its statistical analysis the purpose has been developing a new measuring instrument for the recognition of spiritual consciousness

discover how to transcend the limitations of the ego relieve suffering and advance your consciousness in this masterpiece from world renowned author psychiatrist clinician and spiritual teacher david r hawkins m d ph d the now widely known map of calibrated levels of consciousness was presented in power vs force in 1995 and has been translated into all the world s major languages this was followed by the eye of the i 2001 i reality and subjectivity 2003 and truth vs falsehood 2005 which explored the levels of truth reflected throughout society transcending the levels of consciousness expands on this work and returns to the exploration of the ego s expressions and limitations giving detailed explanations and instructions on how to transcend them i consider myself a student of david hawkins and return to his books and work time and time again his wisdom deeply resonates with my lived experiences he is often able to beautifully articulate what i cannot put into words vex king as with the reading of dr hawkins previous books your level of consciousness will advance from exposure to the information itself this opens up avenues to the relief of suffering which fulfills the purpose of the work and the intention to facilitate your own enlightenment this transformative personal growth book combines elements of psychology spirituality and philosophy and invites you to explore the profound depths of your own consciousness hawkins genius consciousness concept will inspire you to reach new heights of spiritual and personal development transcending the levels of consciousness is a monumental testament to the boundless potential of the human spirit it is an empowering book that offers inspiration and motivation on your journey of self discovery experience the profound wisdom of dr david hawkins as he elegantly blends spirituality psychology and philosophy to create a comprehensive roadmap to unlock the divine potential within you so that you can step into a higher consciousness

recordings of the satsangs of swami amar jyoti were first made available on audiocassette to a small group of devotees in 1974 until his mahasamadhi in 2001 each of his satsangs was recorded live over seven hundred recordings are still available on cd and mp3 downloads edited versions of these profound and deeply inspiring teachings also have been published for decades in light of consciousness journal of spiritual awakening in response to repeated requests that the satsangs be presented in book form it is a privilege to launch the wisdom library of swami amar jyoti beginning with volume 1 consciousness where science and spirituality meet gurudeva often spoke of how one day spirituality and science would merge as scientists and spiritual seekers meet in their quest for what the scientists sometimes call the unified field synonymous with consciousness god brahman the absolute eternal light the divine through these satsangs this ancient wisdom is approachable not only for the scholarly or the adept but for all who come with an open mind and heart

mark l prophet walked before us as a friend on the spiritual path he illustrated truth as a day to day experience of god that can come to all his tender lessons will lead you to a new dimension of awareness cosmic consciousness the author also shares teachings on the divine mother the presence of love the eternality of being and the aura as an expanding egg of cosmic consciousness includes a guided meditation for nourishing the heart and the soul

being consciousness value a spiritual journal is a stream of consciousness record of the reflections intuitions and experiences some very deep which saved the author from the ravages of materialism despair fear of death and what he believed at one time was the meaninglessness of life posner offers a powerful thought provoking and provocative exploration of the nature of consciousness and its relationship to value and meaning drawing on his own experiences and insights he challenges the reductive materialist view of reality and posits the primacy of value consciousness as the driving force behind the emergence of life and human experience he shows how the self is stable in the midst of flux believes in its eternality and proposes that it is the primary starting point for understanding reality beyond what scientific materialism can show noteworthy is his mystical experience in which he realized that consciousness and being itself are a single reality he proposes that the whole of reality is an expression of divine self replication through its self evaluative and evolutionary processes the ultimate purpose of which is our experience in consciousness of our will to coincide with eternality it is a deep exploration and fascinating journey that he has experienced over a period of decades the record of which is concisely presented in this book this book is a must read for anyone interested in spirituality philosophy or the deeper mysteries of existence posner s unique perspective and compelling arguments invite us to reconsider our assumptions about the nature of reality and to explore the transcendent power of value in shaping our lives and our world a truly transformative and inspiring work so if you are in search of a fellow traveler who has discovered that all life is value imbued and possesses a light that can never be extinguished you will not be able to put this book down

this self help book is the first book in a 5 part a transformational way series it will help to heighten your consciousness spirituality and enlightenment it sets the tone for you to become more awakened mindful and happy life coach public speaker mark lynn shares transformational techniques and processes for self improvement self awareness and self fulfillment he explores fundamental eastern philosophies as grounds for a spiritual awakening using his experiences influences education mba and a deep sense of inquiry into the unknown this book will fully support the reader s consciousness and inspirational development both personal and professional

this book explains that each one of us is an individual consciousness that is eternal and continually evolving forward it explains that the universal laws of cause and effect relativity and evolution are the guiding principles that propel us onward in our development the latest scientific knowledge and metaphysical principals are used to answer the questions who are we why are we the way we are where do we come from where are we going what is our destiny science is objective and can be fairly well understood by most people on the other hand metaphysics is subjective and more difficult to understand to make the subjective

clear numerous analogies metaphors equivalences and descriptions of familiar experiences are uses this book explains the basics of the law of cause and effect as well as the more complex and metaphysical aspects of spiritual cause and effect the divine plan which may also be called the game of life is clarified as well it is important to understand the basics of relativity since we live in a relative universe every moment of every day of our lives is lived in a relative environment yet we are practically oblivious to it the relativeness of truth happiness good bad right and wrong are also explained charles darwin introduced us to a very important part of evolution which is the evolution of physical bodies of plants animals and humans this book goes far beyond and explains the evolution the instinctive operating mind in plants animals and humans there is also a comprehensive explanation of the functions of the human trainable mind the intellectual mind and the intuitive mind but most important of all is the evolution of consciousness consciousness evolves in stages from the very primitive to the advanced stage of the human and beyond the trials and tribulations of the past human history as well as the wonders that are yet to come in our lives are likewise explained this included many details of the wonders of life in the spiritual domains of our universe many misconceptions of the past are also clarified in a logical and simple to understand manner some of the misconceptions that are made clear are the purpose for the large human brain the purpose of the human upright walking posture the purpose for the creation of the universe the purpose and evidence of reincarnation

the kingdom of god is within you as a matter of fact you are the individualization of all that god is all that i have is thine of course it is not a human being at all it is a divine being but the world interprets the human scene as a human one so that what is appearing to the world as a human as you or as me is now receiving from within the depth of its own being the revelation of its true nature and truth that is true is universal

this combo bound publication includes two tracts research on the nature of consciousness which is an objective study and academic presentation on the subject of consciousness it is a transcript of the 1997 landsberg lecture university of california san francisco health sciences and school of medicine given by dr hawkins the second tract is a transcript of an interview of dr hawkins entitled subjective spiritual experience which focuses on advanced states of consciousness and the realization of the presence of god the interview was conducted by monk yun kyung hud

nicky sutton offers this transformative guide to spiritual awakening giving advice on manifesting meditating and moving through any challenging parts of the journey from awakening to rebirth a compassionate guide to the process and challenges of spiritual awakening from breakthrough and enlightenment to finding peace balance and connection with your higher self how do you know if you re experiencing a spiritual awakening if your sense of self is dissolving or your perceptions of reality and purpose are transforming uncontrollably then it s possible sometimes a significant life event such as a loss sudden insight societal change or a mystical experience can cause a spontaneous and unexpected shift within us spiritual and meditation guide nicky sutton is here to help you navigate the waves of transformation as you awaken to further revelations in this book she breaks down the stages of

spiritual awakening and offers compassionate practical advice to enhance your journey including tips for manifesting meditating and developing your psychic and intuitive abilities you are an ever evolving being on the road to greater understanding and this powerful and reassuring guide is here to help you rise to the challenge of spiritual awakening and find peace balance and connection with your higher self

if we study the action of mind upon mind of mind over matter of mind over the human body we may realize how each man is a power in himself to use mr randall s phrase in his beautiful book on psychology life is demonstrative it speaks with a million million tongues life stands for light and love contemplation of death which is really a change will not lead to happiness all stagnation is death humanity is a moving mass and this is true of it as regards single units as well as of the collective whole stop we cannot we must go forwards which is god wards or there is the backward line of progress which is ignorance spasms of activity catch hold of us and push us onward and similarly fear weakness and worry the triple weapons of our old friend the devil catch us in their deadly grip and crib cabin and confine us we all are preparing to live day in and day out is it not so the body ages the soul is ever on the alert we all are trying to grasp life in its proper perspective to get a clear view of the goal ahead some say i am for enjoying life some say it is a bad mixture of heaven and hell for the most part hell others stand on neutral ground and say let us make the best of a bad bargain since we are here it is no use grumbling this world is for our education right move we must it may be progress forward or progress backwards life is a series of awakenings ideas dawn upon the mind from time to time are caught up by brain and body and find physical expression as acts our outward life with its environment is fitted to our inward development wealth position fame power all these are the simple expressions of individual character this is not a platitude look and see for yourself it is quite necessary that we should pass through certain experiences that we rise from ideal to ideal we create our own fate our sufferings our joys are so many projections from ourselves we alone are responsible for them like the silkworm we build a cocoon around the soul and then feeling cramped we set to loosening the bonds enjoyment is not ought not to be the goal of life sense enjoyments end in satiety and exhaustion power and self riches and all that riches mean may tie us down to a narrow sphere but in the long run we do come to know that happiness is not in them this is a tremendous truth yet god mercifully screens it from us till we are prepared to receive it what remains then man wants happiness he rushes from one thing to another to grasp it only to find everything slipping through his fingers let none deny it the aim of philosophy is to put an end to pain all pain is caused by ignorance apply the saving remedy of knowledge and pain vanishes at once this is a great fact and all young men ought to stamp it well upon their minds while we are upon this phase of our subject it may be worth while to go farther into these important facts of life pleasure and pain our thoughts and actions are the forces we send out of ourselves all life is expression the soul of man is trying to see itself in everything how did the different organs of the body come into existence how did man get his eyes his ears his nose and so forth how does the growth of things proceed on the subconscious plane of existence the soul willed to see and it saw willed to hear and it heard willed to smell and it smelt that is the right explanation take a subject throw him into a hypnotic trance lead him into the deepest state possible give him vigorous suggestions that a steady increase is taking place as to his physique

repeat the suggestions twice every day for a few months and you will have put pounds of flesh on his form if you know anything of these things at all you will be hardly astonished a striking case once occurred some frivolous students of aberdeen held a hypnotic seance a friend of theirs was hypnotised and made to go through certain illusions then a wet towel was put upon his neck and it was suggested to him that a sharp knife had been drawn right across his neck to cut his throat and that he was dead it was such fun the students danced for joy but what was their surprise when they found the man was stone dead it taught the eternal truth what man thinks that he is that he shall be now man is trying to express himself on the different planes of his being by appropriating to himself different vehicles of expression when he meets with opposition an obstacle he chafes like a caged lion load the limbs of a man with fetters of iron and see the result it is really this when we can push forward without opposition it causes pleasure a sense of happiness when we are held back it causes pain place good food before a healthy man see how he likes it it is because he knows that he is making an addition to himself it brings on a sense of more ness and pleasure follows of course there are higher grades of this sense of more ness some ancient doctors defined passion as an accession of strength due to the surcharge of arterial blood in the veins all pleasure is from strength all pain from weakness there can be no question as to this fact there is a fire burning heap coals the more coals the brighter and steadier the flame all obstacles are really coal feeding the flame of the spirit they spur a man on the vibrations of pain are often blessings in disguise they drive the lesson home the effect is not different from the cause both are the obverse and reverse of the same coin painful results grow out of deeds that clash with the interests of the divinity within which is for freedom lord i want nothing neither health nor beauty nor power give me freedom and i am content this is jivan mukti this is the highest ideal of life thinking of the little pleasures of the senses has brought us to this to dance to laugh to weep and before the tears are gone to begin over again look at my condition slave of the flesh slave of the mind wanting to have this that and what not darkness behind darkness ahead such is the wail of ignorance get rid of it o my friend it is your greatest direst enemy let the light of knowledge dissipate this darkness of ignorance the lord above is our refuge he alone is strength in him we live and have our being where seek you for your ideals here it is freedom you are rushing to it and so am i welcome everything that helps you yea compels you to strike one more blow in the noble cause of emancipation can a marble figure brook the blow that an iron mass can bear

a sister s blessing the spirit within is an inspirational true life story about an identical twin s journey with cancer in the following chapters you will be able to hear and feel the events that took place in her life it is the heart wrenching account of a family that witnessed firsthand what a disease can do to a person s body mind and soul it begins to teach us that it is not in order to question why things happen but to simply accept that they do and that it is the unknown that makes us afraid in my sister charlotte s twenty month journey you will further be touched by her strong faith and unrelenting will her tools that allowed her to face each and every day we learn how her faith gave her strength and patience to go on and how it eventually took her to her glory you will understand through her how each day can become a brand new awakening in the two and a half year journey you will also read about the loss of a brother as well you will witness how a brother s hope gave him the courage to hold his head up high each day in the end our

family learned from charlotte and our brother bobby to never give up the fight life is an experience for all of us and it is from experience that we learn and grow we must make the most of what we have now and avoid living in the past or looking too far into the future in the end remember no snapshot is better than the one we hold in our hearts

in this groundbreaking book richard potter an academic and a mystic sets forth a revolutionary thesis to evolve personally spiritually and globally we need a new concept of spirituality that is not tied to culturally specific beliefs and practices the time has come for a spirituality of consciousness by focusing on consciousness instead of dogma it becomes possible to realize the core truths of world religions without being bound to outdated beliefs and customs that no longer serve humanity learn core consciousness expanding practices including meditation breathwork sound work and retreats explore ways to open your heart achieve self mastery evaluate spiritual teachers and attain spiritual freedom all steps on the path to greater contentment clarity compassion and a profound sense of inner peace take a spiritual adventure beyond the bounds of time and place with one of today s most original spiritual thinkers

the renowned contemporary mystic and author of the experience of no self presents her philosophical treatise on the nature of self and god as a carmelite nun bernadette roberts pursued a life in union with god she wrote compellingly about her contemplative spiritual journey in her memoirs the experience of no self and the path of no self now she builds on the wisdom she gained exploring the ultimate consciousness that transcends self and experience in what is self ms roberts explains her conceptions of the ego the self and the revelations of the contemplative life deeply personal and profoundly spiritual this latest effort puts all of bernadette s insights into clearer and sharper perspective as though her own journey has grown clearer with distance

uncharted corners of consciousness a guidebook for personal and spiritual growth a unique and provocative handbook for those who are ready to begin or continue on their spiritual journey this is a practical pragmatic and peaceful book for seekers who want to move from reading to doing combining exercises and direction for integrating the spiritual into our daily experiences this book will become a valuable guide for individuals and therapists alike gerbrig berman and shelly siskind were shaken from their comfortable lives and introduced to a teaching team from a different dimension who provided lessons from ancient and modern traditions the authors invite you to meet your own team and this book shows you how the superb collection of meditative writings and drawings leap off the page and lead you on an exciting inward journey to the very core of your being with more than forty years of study and application both in their personal and professional lives the authors enable you to be an active participant in your own well being uncharted corners of consciousness is a marvelous guide for making sense of the mystical

this book has long been known as a classic in the study of human consciousness the author puts forth the idea that human consciousness is evolving people who have experienced such states help humanity according to the author we will have more wisdom intelligence in the future



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