

Il Segreto Tolteco Le Tecniche Del Sogno Degli

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

Antichi Mexica

Il volume, pubblicato
nell'ambito delle celebrazioni
per il 450 ° anniversario della
morte di Michelangelo
(Caprese Michelangelo, 1475

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- Roma, 1564) offre un interessante percorso per comprendere l'influenza di Michelangelo nelle arti visive, nell'architettura e nel design nel corso del Novecento. Attraverso numerosi saggi

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critici, viene illustrato il
progressivo abbandono della
retorica fiorita attorno
all'artista fino agli anni
quaranta, improntata a un
eroico titanismo,
sottolineando come il

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linguaggio di Michelangelo
abbia assunto man mano un
significato esistenziale,
offrendosi anche come
esempio formale per la
politica della ricostruzione,
fino a riacquistare lo status di

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un vero e proprio mito nazionale a ridosso dei festeggiamenti per il centenario dell'unificazione italiana. In questo contesto, il volume da conto delle celebrazioni che si svolsero

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nel 1964 e nel 1975 in occasione dei centenari michelangioteschi, e i dei restauri che portarono al rifiorire di Casa Buonarroti. Accanto a una scelta di disegni di Michelangelo, e

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presentata una ricca selezione
di opere di artisti del
Novecento e contemporanei.
Completa il volume una
bibliografia aggiornata.
Discover the powerful and
nearly-forgotten energy

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healing methods of the ancient Toltec tradition—for fans of Don Miguel Ruiz Many people across the world today are looking for their true selves. The ancient Mexicans viewed this true self as the

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“ caves ” , which referred to our spirit, instincts, and subconscious. According to the Mexican tradition, we have seven caves of power—which are equivalent to the chakras—and healing

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these caves allows us to improve all areas of our lives. In *The Caves of Power*, world-renowned Mexican healer Sergio Magaña unveils this almost lost and secret knowledge of the ancient

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Mexicans. He shares powerful practices for healing, rejuvenation, manifestation, and enlightenment—including Mexican numerology, astral surgery, dream work,

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Mexican acupuncture, energy spinning, and Mexican Kundalini techniques. This unique and powerful book offers a new approach to an ancient tradition, bringing healing and resolution to

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important issues like health, emotions, abundance, and enlightenment.

'Shabono' – the name of the hamlets of palm-thatched dwellings where the Yanomama Indians of

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Venezuela and southern
Brazil live – recounts the
vivid and unforgettable
experience of anthropologist
Florinda Donner's time with
an indigenous tr
The Way of the Shaman

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Grande dizionario italiano
dell'uso: Sf-Z
Separate Reality
Rigenerare per la promozione
della salute
Their History, Manners, and
Customs

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

The Ancient Sun Kingdoms of the Americas

This classic on shamanism pioneered the modern shamanic renaissance. It is the foremost resource and reference on shamanism. Now, with a new introduction and a guide to current

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resources, anthropologist Michael Harner provides the definitive handbook on practical shamanism — what it is, where it came from, how you can participate. "Wonderful, fascinating... Harner really knows what he's talking about." CARLOS

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CASTANEDA "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." STANILAV GROF, author

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of 'The Adventure Of Self Discovery'
"Harner has impeccable credentials,
both as an academic and as a
practising shaman. Without doubt
(since the recent death of Mircea
Eliade) the world's leading authority
on shamanism." NEVILL DRURY,

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author of 'The Elements of Shamanism' Michael Harner, Ph.D., has practised shamanism and shamanic healing for more than a quarter of a century. He is the founder and director of the Foundation for Shamanic Studies in Norwalk,

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Connecticut.

The vast majority of us unknowingly suffer from a slave mentality. We constantly experience the psychological phenomena of cognitive dissonance, where our beliefs and behaviour are in conflict,

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and Stockholm syndrome - the traumatic bonding with a captor. Our ability to decode reality is linked to what we are able to perceive. Icke believes our reality has been hijacked by an invisible force the Gnostics used to call Archons. He maintains that we

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are headed towards a cashless world and human settlements which are projected as local community initiatives but are actually centralized systems of control. Our health is being systematically weakened: if you are sick, you are easier to control. Icke ' s

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dystopian view of the future assumes that the masses will stay glued to their TVs, locked forever into the hive mind of the Matrix, which says "I have no power". Can humanity break free? Through truth and love we can become who and what we really are.

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Late in the 15th century the discovery of the New World revealed to the Europeans the existence of peoples and cultures whose forms of artistic and intellectual expression were totally different to their own but of immense appeal. While at that time

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the white Conquistadores had no interest in and were perhaps incapable of appreciating and respecting this cultural heritage, for some considerable time now the so-called "pre-Columbian civilisations" have been rediscovered and archaeologists

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are attempting to reconstruct their marvellous cultural mosaic, the roots of which lie in an historical substrata predating the Christian era by some thousands of years. The aim of this book is to trace the development of some of the civilisations that emerged

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in the Mesoamerican region and gave rise to surprisingly advanced and sophisticated cities. The Olmecs, Maya, Aztecs and other less well known groups have in fact left extraordinary evidence of their passing in the form of great

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architectural complexes, monumental sculptures, ceramics, jewellery and surprising written records that have only recently given up their secrets. This volume also intends to underline the importance of the so-called minor cultures that have until now been

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unknown to the public at large but which nonetheless contributed to the economic and cultural development of pre-Columbian Mesoamerica. The work is characterised by a dual scientific and generalist approach to provide all readers with in-depth

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information - that is both stimulating and comprehensible - concerning a world that is still far from contemporary models. Concise but exhaustive captions, comprehensive iconographical references, numerous colour plates, line drawings and black

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and white maps complement the text and contextualise the cultural parallels and ideologies of the various civilisations in question within the chronological sequence in the most reliable and attractive manner possible.

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Applied Magic
Michelangelo e il Novecento
Unlocking the Secrets of the Peruvian
Pyramids
The Magic of Trees
The Aztecs
Cave and Cosmos

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic *The Way of the Shaman*. In this long-awaited sequel, he provides new evidence of the reality of heavens. Drawing from a lifetime of

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

personal shamanic experiences and more than 2,500 reports of Westerners' experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

spirits they've encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

healing and advice. Written by the leading authority on shamanism, Cave and Cosmos is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

experiences, healing,
consciousness, anthropology, and
the nature of reality. Praise for
Michael Harner and *The Way of the
Shaman* “What Yogananda did for
Hinduism and D. T. Suzuki did for
Zen, Michael Harner has done for

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

shamanism—namely, bring the tradition and its richness to Western awareness.” —from Higher Wisdom, by Roger Walsh and Charles S. Grob “Wonderful, fascinating.... Harner really knows what he’s talking about.” —Carlos Castaneda,

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

best-selling author of *The Teachings of Don Juan* and *The Active Side of Infinity* “An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

who has studied shamanism; he is an authentic white shaman.”

—Stanislav Grof, author of *The Adventure of Self-Discovery*

“Harner has impeccable credentials, both as an academic and as a practicing shaman.

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism.”
—Nevill Drury, author of *The Elements of Shamanism* “Michael Harner is a great shaman. He also proves that a person can be both a

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

scientist and a shaman.” —Bo Bair
Rinchinov, Siberian Buryat shaman
In this remarkable book, the
renowned Mexican healer Sergio
Magaña reveals the fascinating
secrets of the ancient Toltec
tradition. Closed to outsiders until

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

now, this rich spiritual tradition is over 5,000 years old. The original holders of this secret knowledge, the Chichimeca, were considered to be masters, with a deep understanding of the dream state and a working knowledge of how

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

our perceptions form our reality, as well as the capacity to influence matter. The Toltec Secret reveals the incredibly powerful rituals and symbols that will enable you to:

- become lucid in your dreams
- create your life through your

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

dreams like the Toltecs did • send healing to others while in the dreaming state • communicate with your ancestors • develop your intuition and use Toltec techniques to see the aura • heal and rejuvenate your body by connecting

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

with the energy of the sun • use the mysterious obsidian mirror for healing yourself and others • practise the powerful dances of the Toltecs and Mexihcas.

Featuring information about other tribes native to Mexico and South

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

America, this volume details the land, culture, religious beliefs and temples of the Aztecs.

Sulla via dello yoga, tra i sentieri dell'ermetismo, dell'alchimia e dello sciamanesimo.

Unfolding the Scriptures ...

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

Memorie di una Viaggiatrice dello
Spirito
A Visit to a Remote and Magical
World in the South American Rain
Forest
Francis of Assisi
The Toltec Secret

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

The average person spends six years of their life dreaming. Wake up to your dreams, and learn how you can harness their power to help you live your best waking life! Set a goal or intention at the beginning of your 30-day journey, and see it achieved

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as you create a body of dream work,
and become skilled in the art of
using your dreams to achieve your
life goals. Scribble, reflect and draw
in this colourful workbook as you
learn, through 120+ fun and simple
activities, how to: * Dream journal *

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Improve your sleep hygiene *
Decode and interpret your dreams *
Return to that really good dream that
you woke up from too soon ... and
much more! Guided by your own
personal dream guide, Tree Carr,
allow your dreams to wow you with

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their power and potential. Join a community of like-minded dreamers and share tips, tricks and stories using the hashtag #consciousdreamer, connect with dreamers from around the world, and discover the amazing benefits of

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being more in touch with yourself and your dreams. Whether you're an artist looking to invite more creativity into your life, a busy parent looking to find calm and clarity from a good nightly routine, a student planning for the future, or

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just a person looking to get to know yourself better, this book will show you how to make the most of your dreams, and use them to dream and achieve big! If you like this book, you might also be interested in Cosmic Flow...

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

Bring positive change and nourishment to your body, mind, and spirit by connecting with the deep wisdom and power of trees. Featuring detailed descriptions of the magical and energetic properties of more than one hundred trees, this

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comprehensive guide shows you how to work with them—physically and spiritually—through rituals, spells, aromatherapy, visualization, and more. Trees are symbols of the interconnectedness of life and represent the interwoven web of

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everything magical. The Magic of Trees helps you tap into that web and enrich your life. From Acacia to Yew and many others in between, each tree has an encyclopedic entry that features its history, magical uses, medicinal uses, and

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correspondences. With this book's guidance, you'll find that the trees around you can be beloved friends, teachers, and magical partners.

Praise: "A truly comprehensive magical tome on trees, written in the enchanting style and depth that only

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Tess Whitehurst can bring to the page. This one belongs in every witch's library."—Deborah Blake, author of *Everyday Witchcraft*

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The Real Toltec Prophecies

La soglia dell'energia. Oltre la
tensegrità: lo sciamanesimo tolteco

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nella pratica quotidiana
The Secret of Mental Magic
Implementing Simple and Effective
Dreamwork

Giornale della libreria

THE PHASE

Applied Magic Dion Fortune - Applied

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

Magic is a selection of Dion Fortune's writings on the practical applications of magical and esoteric techniques. Everyone has the ability to access the invisible planes of existence- a whole kingdom of mind and spirit- which cannot be perceived with the physical senses. Fortune provides invaluable guidance to anyone intent on

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

increasing their inner awareness. She declares, "Esoteric tradition admits of no exclusiveness; it is the very essence of its spirit that it blasphemes no God that has been hallowed by our devotion. It sees all religions as the expressions of our spirit rather than the personal revelation of a jealous God to His chosen people. It

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suffers from neither superstitious awe nor bigoted fear." Contents 1. The Occult Way 2. Some Practical Applications of Occultism 3. The Group Mind 4. The Psychology of Ritual 5. The Circuit of Force 6. The Three Kinds of Reality 7. Non-humans 8. Black Magic 9. A Magical Body 10. The Occult Field Today 11.

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Esoteric Glossary

Tommaso, a lean and hungry ex-husband, wants to take Leah to bed, and she is willing enough if he finds the missing film: money is to be made."--BOOK JACKET.
Bestselling author of The Tutankhamun Prophecies decodes the spiritual mysteries hidden within the recently discovered

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Mochian pyramids in Sipan • Reveals that ancient Inca sun-kings possessed the same solar science as Lord Pacal of Mexico and Tutankhamun of Egypt • Solves the mystery of the ancient Inca legend concerning a white god who traveled through ancient Peru, healing the sick and restoring sight to the blind Inca

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mythology tells of a tall, white leader who wandered along the coast performing miracles, a man they called Viracocha Pachamac, which means "God of the World." Centuries later another great miracle worker, similar to the first, appeared and wandered the countryside, healing the sick and restoring sight to the

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

blind. He, too, was named Viracocha.
These accounts have long baffled scholars,
as have the carvings left by the people of
Tiahuanaco who preserved these legends.
Now Maurice Cotterell, who cracked the
codes hidden in both ancient Maya
carvings and the treasures of
Tutankhamun, unlocks the secrets

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concealed within the treasure-filled tombs of Viracocha Pachamac and Viracocha. His investigation of these tombs, held within the long-lost pyramids of Peru, proves that these two figures were not myth but actually existed 1,500 years ago. The two Viracocha sun-kings had much in common with Lord Pacal of Mexico and

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

Tutankhamun of Egypt and, like them, left the secrets of a super solar science encoded in their treasures. This science reveals the intimate connection between the cycles of life and birth on Earth and solar activity such as sunspots. More important, it holds the key to reincarnation and human spiritual realization, with answers to the

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spiritual mysteries of life and death.
Conversations With Don Juan
Phantom Self
Exploring the World of Lucid Dreaming
A New Biography
Delog
Mind-power
A Clinician ' s Guide to Dream

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Therapy demystifies the process of working with dreams by providing both a grounding in the current science of dreaming as well as a simple, practical approach to clinical dream work. In addition to a survey of the current science and

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neuroscience of dreaming, this book includes clinical examples of specific techniques with detailed transcripts and follow-up commentary.

Chapters cover how to work with PTSD nightmares and how to use experiential dreamwork techniques

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drawn from current neuroscience to engender lasting change. Readers will be able to discuss their clients' dream material with confidence, armed with an approach that helps them collaboratively tap into the inherent power for change found in

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every dream. Backed by research, common factors analysis and neuroscience, the approaches described in this book provide a clear map for clinicians and others interested in unlocking the healing power inherent in dreams.

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This is the first comprehensive analysis of the belief structure and historical background of the New Age Movement. "New Age Religion" emerges as a thoroughly secularized form of western-esoteric traditions which can be traced back

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to the period of the Renaissance.
This inspirational book blends
elements of shamanism with
inherited traditions and
contemporary religious
commitments. Drawing on
shamanic practices from the world

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over, SHAMANISM AS A SPIRITUAL PRACTICE FOR DAILY LIFE addresses the needs of contemporary people who yearn to deepen their own innate mystical sensibilities. This inspirational book shows how to develop a personal

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spiritual practice by blending elements of shamanism with inherited traditions and current religious commitments. Contents include: The central role of power animals and spirit teachers. Visionary techniques for exploring

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the extraordinary in everyday life.
Elements of childhood spirituality
including songs, secret hiding places,
power spots, and imaginary power
figures. A journey to an ancestral
shaman to recover lost knowledge.

Tales of Power

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Conscious Dreamer

How the Aztec Calendar Predicted
Modern-Day Events and Reveals a
Pathway to a New Era of
Humankind

Il segreto tolteco. Le tecniche del
sogno degli antichi Mexica

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

You Can Heal Your Life Capture the Power of Your Dreams & Live Your Best Life

Il libro è un ' autobiografia nella quale
l' autrice ripercorre tutti i momenti
fondamentali del suo cammino spirituale:
gli incontri con diversi maestri e con

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

gruppi di diverse scuole esoteriche, le prove iniziatiche, i viaggi esteriori ed interiori, le piccole e grandi realizzazioni spirituali. L' autrice racconta come il cammino spirituale abbia cambiato completamente la sua vita sin da quando, appena adolescente, si è trovata a vivere parallelamente alla crescita reale la sua

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crescita spirituale. Vengono riportati integralmente gli insegnamenti orali ricevuti, che le hanno tracciato una mappa di quel cammino che I ' ha condotta ad esplorare I ' Ignoto. L ' antroposofia, il Raja-Kriya yoga, I ' ermetismo e I ' alchimia, in una pratica assidua e costante, le hanno rivelato profonde

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analogie con lo sciamanesimo di Castaneda e la Quarta Via di Gurdjieff: percorsi che, pur apparentemente diversi, sono confluiti coerentemente in un cammino unico e personale, lungo il quale ogni incontro, ogni libro e ogni insegnamento hanno avuto importanza. Gli insegnamenti dei vari maestri si sono

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via via riuniti come ad essere frammenti destinati a formare un quadro completo e ricco di significati. E l' Ignoto, sempre imprevedibile e sorprendente, ha condotto l' autrice lungo sentieri prima inimmaginabili. Se diventa pratica costante, vissuta in ogni attimo dell' esistenza, la spiritualità si intreccia

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profondamente con la vita, dando origine a misteriose coincidenze e incredibili esperienze, delle quali viene data ampia testimonianza in questo libro.

Don Juan concludes the instruction of Castaneda with his most powerful and mysterious lesson in the sorcerer's art—a dazzling series of visions that are at once

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an initiation and a deeply moving farewell.
"We take the greatest pleasure in presenting this latest and best work from the pen of William Walker Atkinson. It embodies the essence of years of thought, study, and experiment on the part of its author whose original research, discoveries, and writings along these lines

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have given him his worldwide reputation as an authority. It is his Masterpiece. A portion of its material was used in two of the author's previous works, vis., "Mental Magic," and "Mental Fascination," both of which works were published by ourselves. Both of the said works are now practically out of print, and will be withdrawn from

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sale by us, as they will be superseded by this newer and more complete work. This foundation material has been edited; added to; changed; improved; and corrected by the author, in accordance with his increased experience and knowledge of the subject. Obsolete matter has been replaced by entirely new

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material, and the work is now strictly "up-to-date". It is encyclopaedic in extent and character, every phase of the subject being considered by the author and expressed in words charged with his dynamic vitality. It contains matter that well might have been expanded into several volumes"--Foreword.

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2012-2021 - The Dawn of the Sixth Sun
Ancient Energy Techniques for Healing,
Rejuvenation and Manifestation
Living, Dreaming, Dying
New Age Religion and Western Culture
Shabono
Esotericism in the Mirror of Secular
Thought

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il-segreto-tolteco-le-tecniche-del-sogno-degli-antichi-mexica

Among the most beloved saints in the Catholic tradition, Francis of Assisi (c. 1181-1226) is popularly remembered for his dedication to poverty, his love of animals and nature, and his desire to follow perfectly the teachings and example of Christ. During his lifetime and after his death, followers collected, for their own

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purposes, numerous stories, anecdotes, and reports about Francis. As a result, the man himself and his own concerns became lost in legend. In this authoritative and engaging new biography, Augustine Thompson, O.P., sifts through the surviving evidence for the life of Francis using modern historical methods. The

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result is a complex yet sympathetic portrait of the man and the saint. Francis emerges from this account as very much a typical thirteenth-century Italian layman, but one who, when faced with unexpected crises in his personal life, made decisions so radical that they challenge his own society-and ours. Unlike the saint of legend, this

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Francis never had a unique divine inspiration to provide him with rules for following the teachings of Jesus. Rather, he spent his life reacting to unexpected challenges, before which he often found himself unprepared and uncertain. The Francis who emerges here is both more complex and more conflicted than that of

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older biographies. His famed devotion to poverty is found to be more nuanced than expected, perhaps not even his principal spiritual concern. Thompson revisits events small and large in Francis's life, including his troubled relations with his father, his contacts with Clare of Assisi, his encounter with the Muslim sultan, and his

Page 103/134

receiving the Stigmata, to uncover the man behind the legends and popular images. A tour de force of historical research and biographical writing, Francis of Assisi: A New Biography is divided into two complementary parts—a stand alone biographical narrative and a close, annotated examination of the historical

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sources about Francis. Taken together, the narrative and the survey of the sources provide a much-needed fresh perspective on this iconic figure. "As I have worked on this biography," Thompson writes, "my respect for Francis and his vision has increased, and I hope that this book will speak to modern people, believers and

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unbelievers alike, and that the Francis I have come to know will have something to say to them today."

Carlos Castaneda takes the reader into the very heart of sorcery, challenging both imagination and reason, shaking the very foundations of our belief in what is "natural" and "logical." In 1961, a young

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anthropologist subjected himself to an extraordinary apprenticeship with Yaqui Indian spiritual leader don Juan Matus to bring back a fascinating glimpse of a Yaqui Indian's world of "non-ordinary reality" and the difficult and dangerous road a man must travel to become "a man of knowledge." Yet on the bring of that

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world, challenging to all that we believe, he drew back. Then in 1968, Carlos Castaneda returned to Mexico, to don Juan and his hallucinogenic drugs, and to a world of experience no man from our Western civilization had ever entered before.

What happens on and after December 21,

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2012? There has been much confusion and many predictions based on the Mayan calendar. Some people think time on Earth will end, but what if there was an intact and complete resource from the ancestors that will give us the wisdom we need for the shift and an understanding of the coming era? In "2012-2021: The

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Dawn of the Sixth Sun," Sergio Magana (Ocelocoyotl), mystic and teacher of the ancient Toltec/Aztec lineage of Mesoamerica, discloses an in-depth understanding from a rich and uninterrupted oral tradition, the meaning of the shift from the Fifth to the Sixth Sun, the possibilities presented to humanity at

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this time, and ancient teachings and practices designed to support this shift. The Toltecs knew how to interpret the mathematical or universal order that governs all of existence by measuring and observing cycles of time, and the impact they had on the Earth, human consciousness, and perception.

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The Lost Tomb of Viracocha
A Guide to Their Sacred Wisdom &
Metaphysical Properties
Sei consapevole? Ascoltati...
A Practical Guide to Geomantic
Divination
Shamanism As a Spiritual Practice for
Daily Life

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Wisdom for Everyday Life from the
Tibetan Book of the Dead
Originally drawn to Yaqui Indian
spiritual leader don Juan Matus for his
knowledge of psychotropic plants,
bestselling author Carlos Castaneda
immersed himself in the sorcerer ' s

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magical world. Ten years after his first encounter with the shaman, Castaneda examines his field notes and comes to understand what don Juan knew all along—psychotropic plants are merely a means to understanding alternative realities that one cannot fully embrace

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on one ' s own. Journey to Ixtlan introduces these clear new ideas—omitted from Castaneda ' s classic volumes The Teachings of Don Juan and A Separate Reality—to the reader for the first time. Castaneda explores, as he comes to experience it

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himself, his own final voyage into the teachings of don Juan, and shares with us what it is like to truly "stop the world" and perceive reality on his own terms.

"[A] solid how-to book...For amateur dream researchers, this is a must."

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WHOLE EARTH REVIEW This book goes far beyond the confines of pop dream psychology, establishing a scientifically researched framework for using lucid dreaming--that is, consciously influencing the outcome of your dreams. Based on Dr. Stephen

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LaBerge's extensive laboratory work at Stanford University mapping mind/body relationships during the dream state, as well as the teachings of Tibetan dream yogis and the work of other scientists, including German psychologist Paul Tholey, this practical

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workbook will show you how to use your dreams to: Solve problems; Gain greater confidence; improve creativity, and more. From the Paperback edition. The Tibetan Book of the Dead is one of the best-known Tibetan Buddhist texts. It is also one of the most difficult

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texts for Westerners to understand. In *Living, Dreaming, Dying*, Rob Nairn presents the first interpretation of this classic text using a modern Western perspective, avoiding arcane religious terminology, keeping his explanations grounded in everyday language. Nairn

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explores the concepts used in this highly revered work and brings out their meaning and significance for our daily life. He shows readers how the Tibetan Book of the Dead can help us understand life and self as well as the dying process. Living, Dreaming,

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Dying helps readers to "live deliberately"—and confront death deliberately. One thing that prevents us from doing that, according to Nairn, is our tendency to react fearfully whenever change occurs. But if we confront our fear of change and the

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unknown, we can learn to flow gracefully with the unfolding circumstances of life rather than be at their mercy. Of course, change occurs throughout our life, but a period of transition also occurs as we pass from the waking state into sleep, and likewise

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as we pass into death. Therefore the author's teachings apply equally to living as well as to dreaming and dying. Through meditation instructions and practical exercises, the author explains how to:

- Explore the mind through the cultivation of deep meditation

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states and expanded consciousness •
Develop awareness of negative
tendencies • Use deep sleep states and
lucid dreaming to increase self-
understanding as well as to "train"
oneself in how to die so that one is
prepared for when the time comes •

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Confront and liberate oneself from fear
of death and the unknown
A Clinician ' s Guide to Dream
Therapy
Aztec, Maya, Inca
A Complete System of Astronomical
Chronology

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Journey To Ixtlan

L'effetto luna di miele. The
honeymoon effect. Scopri il segreto per
mantenere viva la tua relazione di
coppia

Ancient Mexico

Sergio Magaña uncovers the

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prophecies from the Aztec calendar that reveal important insights about the years 2012, 2021 and 2026. The Aztec calendar marks 2012, 2021 and 2026 as years of great transition. Learn how to heal, thrive and embrace a new, awakened reality

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with Toltec wisdom. The Aztec calendar is divided into 'Suns', each lasting 6,625 years. The shift from the Fifth to the Sixth Sun started in July 1991 and will be complete in May 2021. In this book, renowned Mexican healer Sergio Magaña

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reveals Toltec prophecies and insights about the years 2012, 2021 and 2026 and how they will impact humankind and reveal a pathway to a new positive reality. Sergio guides us through the underworld we need to navigate in the next few years, so

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that we can overcome any challenges we face as we move towards the Sixth Sun. In this book, you'll discover:

- Breathing exercises and ancient practices to help you realign with the universe, the Earth, the elements, and with

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your highest nature • How to heal
pent up emotions such as fear and
trauma • A detailed explanation of
the four movements involved in the
shift from the Fifth to the Sixth Sun
Allow Sergio to accompany you on a
journey to healing your

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consciousness, taking responsibility for the sacredness of life as you move successfully through the transition from the Fifth to the Sixth Sun.

The Path of Quetzalcoatl
Caves of Power

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Dreaming Practices of the Ancient
Mexicans
Journey to Realms Beyond Death
Shamanic Encounters with Another
Reality
Tommaso and the Blind
Photographer

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