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Ancient Teachings for Beginners: Learn about Auras ... Ancient Teachings for Beginners by Douglas De Long reveals the mysteries from the distant past and how they can lead to a brighter future in the New Age. It begins with a brief history of spiritual development from before ancient Egypt right up to the present. It continues by explaining

Ancient Teachings for Beginners by Douglas De Long reveals the mysteries from the distant past and how they can lead to a brighter future in the New Age. It begins with a brief history of spiritual development from before ancient Egypt right up to the present. It continues by explaining the secrets of the aura and the chakras. In this section you'll learn about the importance of the third eye chakra. It is related to the pineal gland and the third eye. Opening the third eye aids intuition, creativity, and psychic abilities. You can do this easily by "toning," "doing vibrational work" or chanting Thoh (rhymes with "toe") at a middle or high "C" note. This triggers a vibration in the pineal which cause the third eye and its chakra to open. The exact techniques are included in the book. If you open the crown chakra (associated with the pituitary gland) you can improve some of your natural psychic abilities, including clairaudience, clairvoyance, and clairsentience. Vibrational work for this chakra uses the sound May. Breathing techniques and the exact way of toning to open the chakra are fully explained. You'll also learn how to see the aura and interpret its colors, as well as how to open all of the chakras. The book also explains techniques to send the mysterious kundalini energy through the chakras. But this book has more! It includes the secrets of channeling, such as working with angels and spirit guides. It goes on to share methods of astral projection and then reveals the secrets of reincarnation. Ancient Teachings for Beginners is easy to understand and the techniques are a snap to use. If you are looking for an introduction to the secrets of the teachings of the ancient mystery schools, this book is for you!

If you want to explore the energy and beauty of auras, simply start here! Auras: The Anatomy of the Aura is a modern illustrated guide to the ancient practice of aura reading. The latest title in The Start Here Guide Series, this is the perfect book to introduce readers to the power and beauty of auras. These layered veils of energy surround all physical things and reflect the state of their internal energy flow. Author and teacher Eliza Swann demystifies the world of auras and brings an ancient tradition into the modern era, teaching readers: - What an "aura" is from both mystical and scientific perspectives - Techniques for learning to perceive auras - The history of the concept of auras - An in-depth explanation of the layers of the human aura - An extensive glossary of terminology relating to the human aura - How to heal the human aura Black and white illustrations throughout the book help readers visualize the techniques as they read. Packed with information yet always fun and accessible, Auras is the ultimate beginners guide!

Helps you explore your previous lifetimes, embrace your wondrous past, and recognize that you, as a human soul, are eternal. This title describes different types of past-life recall experiences and shares favoured techniques of meditation and visualization used to gain access to those memories.

Thousands of years ago, the High Priests of Egypt performed a special rite called a Final Initiation. Many of these secret ceremonies took place at the Great Pyramid, where initiates performed sacred rituals involving breathing, meditating, and chanting. Afterwards, the students were ready to enter the world as healers. The author of Ancient Teachings for Beginners, Douglas De Long demonstrates how to perform this Final Initiation rite and other methods for advancing one's psychic and healing abilities. These techniques-involving energy healing, chakra work, color, chanting, breathing-are designed to help one achieve spiritual, emotional, and physical well-being.

Are chronic diseases such as diabetes, cardiovascular problems, and joint pains troubling you? Are anxiety, depression, and anger and other such emotions bringing you and your performance down? Are you constantly on medications for digestion and respiratory issues? If you answer "yes" to any of the above questions, you are probably suffering from an imbalance of energy in your subtle, non-physical body. So, what is the subtle body? In many spiritual traditions, the subtle body is the sacred or the immortal body. It never dies and when the physical body dies, your subtle body merges into the universe. It comprises of the intelligence, mind and ego, aspects that control the human physical body. The terms "aura" and "chakras" refer to parts of your subtle plane of existence. These are usually seen by the mind's eye and not your physical eyes. Disturbances in your auric field or imbalances in the flow of energy through the chakras manifests as physical, mental, and emotional disorders in the physical world. Mostly, when people fail to heal their physical bodies with modern medicine, the only solution is to turn towards healing the non-physical subtle body. Just by working on balancing your chakras and your energy field called aura you will notice that your chronic disorders are much under control, your emotions are much balanced, and you are spiritually more connected to the universe and your Higher Power. Don't wait until you fall ill to begin taking care of your chakras and aura. Take action now and start learning about chakras and the subtle body. This comprehensive guide is perfect to get you started on this journey. It will help you learn about what are chakras, what the 7 main chakras are, and how to strengthen your aura and radiate strong, positive and healthy energy by opening or balancing your chakras. You will also find a chakra test here that will help you find out which of your chakras is imbalanced. There is also an exclusive section on the third eye for people interested in awakening it and promoting their intuitive and psychic abilities.

One of America's foremost Aura-Sight instructors presents a remarkable book for seeing the aura. Explained in simple layman's terms, with easy-to-grasp explanations and instructions. A book full of knowledgeable and useable material. Gabriel's credentials include 25 years of aura study, with 12 years of leading successful workshops on developing aura awareness. Great Illustrations and Simple Techniques Train your eyes to see. Included with this study booklet are 5 color symbols from the Ancient Mystery Schools.

For thousands of years, a select few attended ancient mystery schools and temples around the world. These schools taught the nature and destiny of mankind, the magical universe in which we reside, and revealed powerful secrets regarding universal natural laws. In 9 Life Altering Lessons: Secrets of the mystery schools unveiled, esoteric teacher Kala Ambrose brings some of the most important and relevant lessons to the modern world. Kala discusses many of the ancient mystery school topics, which are designed to stir the soul, awaken the mind and reveal long forgotten memories of past lives in these schools, as well as inspire you to explore the magnificence of who you really are.

Margaretta and Catherine Fox's successful communication with a spirit entity in 1848 sparked a new understanding of the spirit world in the United States. This new movement is called Modern Spiritualism. Based on Spiritualism's rich tradition, Elizabeth Owens demonstrates how one can develop natural clairvoyant skills in order to hear the "wisdom of the spirits." Emphasizing patience and practice, the author insists that clairvoyance is possible for everyone. She explains many forms of clairvoyance (psychometry, clairsentience, clairaudience, and so on), and offers examples based on her own experiences and those of six other Spiritualist mediums. Exercises in meditation, memory development, visualization, and symbol interpretation progressively help readers enhance and cultivate their own innate gift of the "sixth sense."

Awaken your personal power--easy techniques to understand, read, and heal your aura The Little Book of Aura Healing is your beginner's guide to what your aura is and how you can heal and maintain it for better well-being. Begin with a brief background on how auras work before diving into specifics of

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each color, each layer, and practical aura balancing techniques that anyone can do. The Little Book of Aura Healing illuminates how your aura is connected to your physical, emotional, mental, and spiritual health. Start healing your aura right away with: Practical techniques--Explore simple practices for reading, healing, and strengthening your aura, with friendly language and helpful illustrations. Learn the signs--Discover ways to identify an aura that's imbalanced and how to align the energy of your thoughts, emotions, intentions, and actions for greater aural symmetry. The seven layers--Learn about the color, size, chakra, and personality traits associated with each of the seven main layers of your aura, and how to heal the ones that need your attention most. This book is your ultimate guide to auras and their colors as well as simple practices to read, cleanse, and heal them.

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