



EDWIN C. STEINBRECHER

*The Inner Guide
Meditation*

**A Spiritual Technology for
the 21st Century**

The Inner Guide Meditation

Edwin C. Steinbrecher



The Inner Guide Meditation:

Swimming in Your Brain Elle A. Simon, 2015-08-20 A spiritual seeker is invited to peruse the contents of *Swimming in Your Brain* to discover a practical method for doing the work introduced in *The Inner Guide Meditation* a Spiritual Technology for the 21st Century by Edwin C Steinbrecher 1930 2002 Make the most of life changing opportunities from the Inner Guide Meditation when it is an integral part of your daily experience Whether you already meditate or are looking for a dynamic and sustainable meditation ritual this book can move you to a whole other level of organizing your meditation time for greater control of your life Become an Initiate and use this book to optimize your meditation and astrological transits Take a spiritual journey into your Inner Plane on a consistent basis and see beneficial results on the Outer Plane *Inner Guide Meditation* Edwin Steinbrecher, 1987-11-01 Describes the transformational journey to enlightenment and awareness using the tarot astrology the Qabalah the alchemy of transformation and analytical psychology *The Inner Guide Meditation* Edwin C. Steinbrecher, 1982 **The Inner Guide Meditation** Edwin C. Steinbrecher, 1988 **The Inner Guide: Meditation, Practice and Experiences** Jay Mazo, 1973 On Hindu meditation and yogic practice a verse diary by an initiate of Siva Bala Yogi *The Inner Guide* Jay Mazo, 2000-10 The Inner Guide is a spiritual work comprising 365 pages of poetic messages received in meditation and daily life It deals with inner experiences spiritual instructions descriptions about saints and aspects of the Divine words to inspire the truth seeker and prayers for the soul s development The book provides the reader with practical yoga techniques such as breath control methods and meditation exercises It also gives practical hints for better results on the spiritual path Each of the 365 pages of poetic spiritual messages is a divine call for man to utilize every day of the year for his soul s development The purpose of The Inner Guide is to provide truth seekers with daily inspiration on the path of self realization [Inner Guide Meditation: A World of Answers Awaits Within You](#) Kaia Alexander, 2020-02-10 Meet the Guide Inside You Inner Guide Meditation provides immediate insight to your life s most difficult questions Plus it s a fun way to meditate Meet your inner guide and access a world of answers wisdom and support Ask questions about your career relationships health life purpose and more Inspired by Dr Carl Jung Kaia introduces this enjoyable and creative style of meditation rooted in the wisdom of the soul your imagination Inner Guide Meditation is a powerful tool to Activate your creativity Release tension and stress Gain self confidence and inner peace Access answers any time Heal your relationships Discover and live your truth Kaia Alexander is a Renaissance woman mystic and inventor She is the award winning author of the novel *Written in the Ashes* She has taught yoga and meditation worldwide for over 20 years holds 7 yoga certifications and has been featured in *Yoga Journal Magazine Wanderlust* and *Health Magazine* She is seldom without a surfboard or a pair of binoculars **Sin or Salvation** Amy Mahoney, Oliva M. Espin, 2013-10-18 When in therapy women inevitably present both sexual and spiritual issues of importance However there has yet to be brought forth an integrating approach to women s sexuality and spirituality The book fills this gap integrating these two diverse yet connected

aspects of therapy This innovative exploration of women s experiences of their sexuality and spirituality is presented from a feminist psychological perspective clearly illustrating the dichotomy that exists in Western culture and offering a unique approach for convergence This book provides therapists with positive and self affirming viewpoints and practical strategies to help harmonize sexual and spiritual issues in women clients The book uses a synergistic perspective to facilitate healing for women s psycho sexual spiritual growth and development Therapists are provided with invaluable tools for personal understanding and clinical practice when considering sexuality and spirituality and how they interact in a client s life This book is crucial reading for psychotherapists counselors social workers educators pastoral counselors and anyone interested in learning more about the intersections between sexuality and spirituality This book was published as a special issue of Women Therapy A Feminist Quarterly

A Special Illumination Rollan McCleary,2017-07-28 Gay spirituality represents a hidden strand in Western thought that was only publically declared from the Gay Liberation of the 1970s Since coming out expressions of gay spirituality have proliferated in both number and diversity Beginning with gay theology within Christianity the phenomenon has now reached as far as Buddhism and neo paganism But so far critical analysis of the movement has been very limited largely because gay spirituality has been treated as a political and social movement arguing for rights and acceptance within religious circles A Special Illumination offers an indepth analysis and argues that gay spirituality should be placed at the heart of religion

The Watkins Tarot Handbook Naomi Ozaniek,2012-01-01 Learn how to use the Tarot to discover truths about yourself Work through a series of simple exercises to tune in to your intuitive powers and embark on an exciting journey of self discovery and personal growth

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