



Introducing

The Soul-Math Formula

A transformational
tool for creating
optimal happiness
and success



SOUL-ESTEEM

The Power of Spiritual Confidence

Phyllis Clay Sparks

Soul Esteem The Power Of Spiritual Confidence

AJ Rolls



Soul Esteem The Power Of Spiritual Confidence:

Soul-esteem Phylis Clay Sparks,2001

Forgiveness ... It Is Not What You Think It Is! Phylis Clay

Sparks,2016-08-05 The Forgiveness Process detailed in this book goes way beyond the barrage of information already available on the subject of forgiveness The author explains the profound negative effect unforgiveness has on the body mind and spirit and shares her personal discovery about what forgiveness really is a unique and effective process for actually doing it and a way to confirm to ones self that its been done She has also shared her Soul Math Formula a powerful way to dig into the depths of ones subconscious and discover why certain problems exist for that person This Formula can point out what must be forgiven even though one thinks theyve already forgiven everyone and everything Also included are many consciousness U turns or ways to change and align ones thoughts feelings beliefs and actions in order to support fulfilling results and a happier and more productive experience of life

Yoga and Your Hidden Soul Power Glenn Ballantyne,Bobby Hart,2024-10-27 Discover the Hidden Soul Power Within You Yoga and Your Hidden Soul Power offers a path beyond physical postures guiding you through the transformative world of Yoga philosophy Focusing on the Niyamas ethical principles that promote conscious living and Raja Yoga s practices this book uncovers the essence of mindfulness meditation and spiritual growth The wisdom of the Yoga Sutras and Eastern philosophy illuminates your journey toward self improvement holistic well being and spiritual transformation Learn how yoga s moral principles combined with meditation and mindfulness practices can connect you with your inner self enhancing your life from within Why You ll Love This Book Deepen your practice by exploring the philosophy behind yoga enriching your practice beyond asana Cultivate mindfulness and embrace meditation techniques to reduce stress quiet the mind and increase self awareness Learn how the Niyamas guide you toward ethical action and conscious relationships Discover Raja Yoga s tools for personal growth and awakening spiritual awakening Whether you re an experienced yogi or just beginning your journey this book offers profound insights into yoga s power for personal and spiritual transformation About the Authors The authors of Yoga and Your Hidden Soul Power are lifelong yogis with over 40 years of experience in practicing and teaching yoga They have spent decades studying the spiritual and metaphysical aspects of yoga specializing in Raja Yoga and the ethical practices of the Niyamas Their teachings blend traditional Eastern philosophy with modern insights into mindfulness psychology and holistic well being As co founders of a yoga community they have dedicated their lives to helping others discover the transformative power of yoga Their work focuses on guiding individuals through personal growth self discipline and spiritual awakening grounded in conscious living and ethical principles Their mission is to empower others to live a life rooted in compassion mindfulness and purpose Through this book they offer practical wisdom and tools for navigating life s challenges while maintaining inner peace and spiritual growth We ve spent over 40 years walking the yogic path learning and living the principles of yoga This book is our way of sharing the profound impact that yoga s ethical teachings have had on our lives We hope it inspires you to

discover your hidden potential and live a more conscious peaceful and fulfilling life

A New Path to Love Happiness and Abundance Using Yoga s Ancient Niyama Wisdom

At the heart of Yoga and Your Hidden Soul Power are the Niyamas a set of ethical principles that provide a roadmap for living a mindful ethical and spiritually connected life The Niyamas offer a framework for integrating yoga philosophy into daily life supporting both spiritual growth and emotional balance Here s a look at each principle

Purity Saucha Cleanse the mind and body creating space for clarity and peace

Contentment Santosha Cultivate gratitude and satisfaction regardless of external circumstances

Self Discipline Tapas Develop resilience and focus through consistent dedicated practice

Self Study Svadhyaya Engage in self reflection to gain deeper insight into your true nature

Surrender Ishvara Pranidhana Let go of ego driven desires and trust in a higher power

These teachings are not just theoretical they are practical tools for navigating life s challenges fostering mindfulness and supporting your journey toward spiritual enlightenment

By integrating the Niyamas into your daily life you can experience profound transformation in both your inner and outer world

Holding Grounds Jean-Marie Pierre,2021-03-09

Soul Power Willpower Mind Power

HOLDING GROUNDS not The Killing At Will but Holding The Core Of Us as to Stand The Quintessence Of Our Naked Self

HOLDING GROUNDS A Core Of Consciousness For Hope Knowledge and Achievement

A Categorical, Alphabetical Bible Study Vol. 2

Dr. Terry L. Puett, Meet Your Soul

Elisa Romeo,2015-03-03

In this groundbreaking book therapist and intuitive Elisa Romeo takes Soul beyond an intellectual concept and into a direct and personal relationship

Pulling from depth psychology years of practical experience and touching stories from clients Elisa brings substance and gravitas and some levity to the topic of how to live a Soulful life

This comprehensive straightforward program contains effective meditations visualizations and inquiries to support you on the often messy winding and yet amusing path of discovering your Soul in modern times

Meet Your Soul not only tells you how to access your Soul connection but also preps you for some of the common obstacles you re likely to encounter on your journey

With her kind and informed direction you ll learn to Understand the crucial distinction between ego Spirit and Soul

Create and cultivate a strong spiritual practice

Distinguish your Soul Truth from the beliefs of family friends and society

Clearly access the voice of your Soul

Gain awareness of the key Soul contracts in your life and discover your Divine purpose

This book helps you meet the oldest wisest and most loving part of yourself the part that gives meaning and purpose to your life

Elisa shows that each of us has the capacity to hear this personal unique guidance directly

You needn t look outside yourself to a guru program or system rather you can simply look within

Metaphysical Divine Wisdom on Manifesting Fearless Assertive Confidence Kevin Hunter,2019-06-29

Your confidence can crumble upon losing things in the key practical areas of your life

You might feel a shattering of self worth when you lose your job a relationship a friend or your home

It s interesting to note how losing a material or physical possession affects your confidence and sense of self worth

It can cause you to lose interest in activities in life you once enjoyed

You may become bed ridden and depressed

You cancel plans ignore phone calls and are unreachable for a period of time

In those instances that your confidence is

shattered by a material or physical loss then that's when your soul's built in confidence is needed more than ever. It has been insisted upon you to base your confidence and self worth on the things you've achieved and attained when it is the reverse that is the case. You bring out your soul's confidence first and then use that as the driving force to achieve. When you lose anything of value that negatively affects your confidence, self esteem and self worth then make that the driving force that propels you to rise up into confident warrior mode. Stand strong under the powerful Divine Light allowing it to be the nourishment your soul feeds off of that helps you move into manifesting a fearless assertive confidence. Manifesting Fearless Assertive Confidence is a motivational and inspirational practical spiritual guide to propel you bravely forward on your soul's Earthly journey. Some of the topics discussed include Combatting Fear, Standing in your Divine Soul Power, Stomping Out the Darkness of Fear, Gossip and Anger, Identifying Blocks to Abundance and Blessings, Becoming the Chief Executive of Your Life, Optimistic Visualization, Getting Enthusiastic, Taking Action, Partaking in Pleasing Work, Knowing You Are Worthy and Deserving of Blessings, Awakening Your Creative Spirit, Rising into Creative Confidence, Balancing Selfishness, Selflessness, Assertiveness, Stepping into your Soul's Authority and much more. Let more Light into your soul's life with the Metaphysical Divine Wisdom collection of books. Each cover a variety of distinctive themes connected to the spiritual and the practical interwoven and back around again. The Metaphysical Divine Wisdom practical motivational guide to spirituality series of books include Psychic Spirit Team, Heaven Communication, Soul Consciousness and Purpose, Manifesting Fearless Assertive Confidence, Balancing the Body, Mind and Soul, Increasing Prayer with Faith for an Abundant Life and Universal Physical, Spiritual and Soul Love.

Soul Psychology Joshua David Stone, 1995-08-01. There are tens of thousands of self help books on psychology and human relationships however there are very few that integrate the topics of the soul and spirit into the picture. Most books on this subject focus on personality level self actualization. The new wave in the field of psychology is transpersonal or soul psychology which will lead to monadic psychology for the more advanced students of the path. The entire understanding of psychology is completely changed when the soul is properly integrated. It has been said that personality level self actualization brings happiness, soul level self actualization brings joy and monadic and spiritual level self actualization bring bliss.

Thieme's Bible Doctrine Dictionary R. B. Thieme, Jr., 2023-04-24. Bible doctrine is the absolute truth from God that reveals His character, His standards and His infinitely superior wisdom. For fifty three years Pastor R B Thieme Jr dedicated his life to teaching Bible doctrine. He sought to clarify God's Word through innovative vocabulary, categorical outlines and practical illustrations so that any believer could comprehend the majestic details of God's plan. Now drawn from Thieme's personal notes and sermons, Thieme's Bible Doctrine Dictionary presents over eight hundred terms and related doctrines, Biblical subjects ranging from the eternal Trinity to the fall and salvation of man to the Christian way of life are precisely defined, explained and cross referenced.

Planet SUN Secrets Saket Shah, 2020-01-05. The Sun god has two arms, he is seated on the pedestal of lotus, both of his hands are embellished with lotus flowers. There is a beautiful golden

crown on his head and a garland of gems around his neck His radiance is just like the interior part of a lotus flower and he is mounted on the chariot pulled by seven horses The Sun god is also known as Savita which means one who creates SAVITA SARVASYA PRASAVITA Nirukta 10 31 According to the Rigveda the Sun god situated at the centre of the solar system is an inspirer of all pervader of the internal parts and an embodiment of almighty god According to the Markandeya Puran Sun is the embodiment of Brahma the world originates from the Sun and is established in it The Sun is the appearance of all the matters and elements and is the eternal almighty This very God Bhaskar creates nurtures and annihilates the world respectively in the form of lord Brahma Lord Vishnu Lord Shiva Sun is the supreme deity amongst all the nine planets When Brahma manifested himself by breaking the egg then he pronounced OM This Omkar itself is the supreme soul and the very physique of Sun god The four Vedas emerged from all the four mouths of lord Brahma which were glowing by their own radiance The powerful radiance emanating from the Omkar covered the radiance of the Vedas and ultimately all of them unified This very Vedic appearance of Omkar is the sun god This radiant sun was the first manifested during the times of creation hence it was called Aditya Once the demons the titans and the monsters unitedly fought with the deities and snatched their power and authority after defeating them Aditi the mother of the deities did worship of sun god to get protection from this calamity Being pleased with her the sun god took incarnation as her son and established the eternal path of the Veda after defeating the enemies of the deities He is called Aditya also for this reason The complexion of Sun god is red His vehicle is a chariot There is only one wheel in his chariot which is called Samvatsar The wheel of his chariot has 12 spokes which symbolise the twelve months The wheel has six circumferences which symbolize the six seasons and three Naves which is symbolise of the three four months The sages rishi and all the celestial supernatural beings like Gandharva Apsara Nag yaksha and the deities move along with him doing his worship The wheel power a loop and a hook are the weapons of sun god His great phase Mahadasha last for six years The Sun is considered as a high planet till the tenth degree in the zodiac of Aries Lord Shiva is considered to be the deity of the Sun To get his blessings and for his pacification performance of Arghya pouring water facing the sun in the morning should be done and also the text of Harivansh purana should be listened to Ruby should be worn on the body and donation of wheat cow along with a calf raw sugar gur copper gold and red clothes should be made to the brahmins

Dancing with the Energy Dennis L. Dossett, Building a house requires certain steps to be completed so does creating a successful life The three books in this series detail the process of becoming the Master of your Life raising your vibration and creating the life that you desire Synthesizing the metaphysical and life teachings of the ancient wisdoms modern spiritual teachers and quantum physics each chapter provides practical steps for application While each book stands alone together they form a complete system for Dancing with the Energy Book 1 The Foundations of Conscious Living presents the blueprint the tools and the raw materials for constructing the life you desire along with tips for developing skill in applying these tools Book 2 Conscious Living What's Holding You Back analyzes

and discusses the constraints that you must deal with in order to actually become the Master of your life Book 3 Conscious Living Creating the Life You Desire provides additional tools and techniques necessary to actually create the life you desire using the concepts and tools in Book 1 and within the constraints detailed in Book 2 Open the Safe of Winners AJ Rolls, 2021-07-28 OPEN THE SAFE OF WINNERS LEARN How to win Things to avoid in life that attempt to stop you from winning or being a winner Confront the enemy of winners You were born a winner LEARN 35 Commandments of winning Winning as a way of life Why some people are winners and some people are losers Losers can become winners AJ Rolls America s 1 Success Ressurrector Has provided you some insight on winning There are winners and losers in life AJ Rolls made it a lifelong study to find out why some people are winners and other people losers He has consolidated his finding in this book Open the Safe of Winners You will know what a winner is why you are a winner and what you have to do to continue winning STAND FOR BEING A WINNER OR FALL AS A LOSER **Healing Heart and Soul** Roger Cole, 2013-01-01 Can you mend a broken heart and begin to love again Can you remain calm in an ever changing world Discover who you really are a peaceful soul and what your true purpose in life is We all experience grief loss or sadness at some time in our lives Through spiritual lessons meditations and affirmations Healing Heart and Soul teaches us how to mend a broken heart overcome our vulnerability to loss and experience deep and lasting love When we understand that the soul mind heart and intellect are intimately entwined we begin to heal ourselves and others Through divine love we develop our healing power and become living angels who extend this healing to the world DR ROGER COLE is an oncologist and palliative care physician and has been caring for the terminally ill for many years He has published articles on palliative care meditation for health professionals and the spiritual care of the dying He is also the author of the bestselling book MISSION OF LOVE **Effective Activators (925 +) to Radiate Confidence, Attract Others, and Demand Respect** Nicholas Mag, The Miracle In this book Nicholas presents you a practical unique subliminal very simple detailed method of how to Radiate Confidence Attract Others and Demand Respect You will feel the effects immediately and the results will appear very quickly So it was in my case You will not achieve fulfillment and happiness until YOU become the architect of your own reality Imagine that with a few moments each day you could begin the powerful transformation toward complete control of your own life and well being through this unique subliminal method combined with positive affirmations The order of words is extremely important for every book written by Nicholas These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being blockages that are bringing disease or failure on various plans You don t need a big chunk of your time or expensive programs Everything is extremely simple Health money prosperity abundance safety stability sociability charisma sexual vitality erotic attraction will optimism perseverance self confidence tenacity courage love loving relationships self control self esteem enthusiasm refinement intuition detachment intelligence mental calm power of concentration exceptional memory aspiration transcendence wisdom compassion You have the ability to

unlock your full inner potential and achieve your ultimate goals This is the age old secret of the financial elite world class scholars and Olympic champions For example when you watch the Olympics you ll find one consistency in all of the champions Each one closes their eyes for a moment and clearly affirms visualizes themselves completing the event flawlessly just before starting Then they win gold medals and become champions That s merely one example of how the real power of mind can elevate you above any of life s challenges By reading this book you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill Nicholas will guide you to touch your longed for dream and will make you see life from a new perspective full of freshness and success This book helps you step by step in a natural way in just 3 minutes a day to change your misguided way of thinking and to Radiate Confidence Attract Others and Demand Respect NOTE For good Nicholas keep the price of the book as lower as he can even if it is a hard work behind this project A significant portion of the earnings from the sale of the book are used for these purposes for charity volunteer projects nature restoration and other inspired ideas to do good where it is needed If you can not afford to buy the book please contact Nicholas and he will give you a free copy You also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing You will feel the difference Yes The Miracle is possible Get Your Copy Now *Sweet Tea for the Soul* Melody McGowan,2007-11 How To Write A Dirty Book and Other Stories is Bruce Kimmel s first collection of short fiction In these wonderful and evocative tales you ll find the warmth humor and emotion of his acclaimed Benjamin Kritzer trilogy Benjamin Kritzer Kritzerland and Kritzer Time the biting acerbic wit of his two mysteries Writer s Block and Rewind and a new element the world of fantasy All but one of the stories takes place in Mr Kimmel s favorite world Los Angeles both then and now In I ll See You In My Dreams a depressed miserable man longs to escape to the world of a recurring dream where the perfect woman is waiting for him In How To Write A Dirty Book a down on his luck screenwriter in 1959 Hollywood takes on the challenge of writing a naughty novel as a way to supplement his meager income with surprising results In Opening Out of Town a bickering vacationing couple lose their way and stumble onto an all singing all dancing small town In Your Worst Nightmare a seventy two year old man seeks revenge against an Internet tormentor With these and other stories Mr Kimmel takes you on a wild ride a ride filled with nostalgia longing laugh out loud humor fear retribution and love **The Complete Works of W.E. Channing** William Ellery Channing,1870

The Vail of the Covering Spread Over All Nations ... Revised and Republished by a Disciple of Christ John WEBSTER (Chaplain in the Army.),1817 Revelations in Master Dominion Olabisi Kufeji,2007-07 I have always had many questions but no one seems able to provide me with convincing answers For example is God really the creator Is there life after death Why is there so much sorrow in the world Does God speak From finding God in 2004 I discovered he speaks and from my conversations with him as detailed in this book I am convinced God is truth his kingdom is real and he is the only one that can reveal all answers to us as the master in all dominion realms I urge you to read his answers to my questions and

see if you will agree with me **Your Personal Tuning Fork** Deborah Bates, 2012-06-29 Grab your Personal Tuning Fork and twang your way to sustainable health Discover your body's health secret the endocrine system your personal tuning fork Are there niggling disturbances which interfere with your daily life Allergies brain fatigue dizziness general aches and pains headaches insomnia lethargy loss of libido low self esteem mood swings sugar cravings weight issues Do you want to be free of them Do standard medical tests leave you feeling powerless frustrated and still seeking answers Take charge of your health begin the journey towards health well being youthfulness and peace with The way of Health Your Personal Tuning Fork The Endocrine System An easy to read daily reference for everyday solutions to every day issues which interfere with daily life It bulges with clear informative text body system charts tables self care tools tests and illustrations As a one stop guide it will leave you feeling empowered to become your own health master to take charge of your well being and life

The practical works of David Clarkson David Clarkson, 1864

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