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STACY MCANULTY

Illustrated by **DAVID LITCHFIELD**

The Guide Ourselves Our Planet Our Universe

Malcolm Hollick



The Guide Ourselves Our Planet Our Universe:

Benevolent Extraterrestrial Guides H. Torrevillas, M.D.,2012-10 The author shares many encounters that made him lean towards the studies of intuitive feelings as well as the psychic phenomena that relate to the mystifying world of the unknown He had been in the quandary in his early years regarding the paranormal happenings in his life Rather than ignore them as skeptics do Torrevillas regarded them with more significance in his life Author Did the voice that talked to me when I was 20 years old the possession by a spirit when I was 30 the appearance of Jesus Christ in the cloud when I was 48 and a lot more were done by an extraterrestrial beings The two humanoid angels that saved me when I had undergone open heart surgery The being that grabbed my hair and pulled my leg recently was the same guide that had watched me throughout my life At 75 years of age it was clear that benevolent extraterrestrials had guided me through the years Now I am called to write this book The famous American Sleeping prophet Edgar Cayce said the past present and the future are one In the future we will live and see the beauty of the Universe in this infinite cycle of time space But we are hindered in our quest for truth From Who You will find the answer in this Book *Living Humanism: Part 1* Philip Nathan,2020-09-28 How can we act to best pursue our own well being and happiness To what extent should we as individuals pursue wealth money and possessions if at all *The Science of Oneness* Malcolm Hollick,2011-03-16 The Science of Oneness weaves modern science together with experiential spiritual and cultural knowledge It presents a scientifically valid vision of reality that is conscious creative loving and purposeful It balances openness to all sources of knowledge with critical evaluation of their reliability Each chapter offers experiential activities thought provoking questions and guided meditations to stimulate intuitive understanding It provides a coherent world view for cultural creatives and the holism movement *The Guide Book* Tony Neate,Michael Dean,1986 Reinventing the Sacred Stuart A. Kauffman,2010-11-29 Consider the complexity of a living cell after 3 8 billion years of evolution Is it more awesome to suppose that a transcendent God fashioned the cell at a stroke or to realize that it evolved with no Almighty Hand but arose on its own in the c *The SETI Searcher's Manual* Barrett Williams,ChatGPT,2025-06-15 Discover the Secrets of the Cosmos The SETI Searcher s Manual Embark on an extraordinary journey across the universe with The SETI Searcher s Manual your ultimate guide to exploring the possibility of life beyond Earth This comprehensive eBook is your all in one resource crafted to inspire both seasoned enthusiasts and eager novices on the path of extraterrestrial discovery Begin your exploration with an insightful introduction to the Search for Extraterrestrial Intelligence SETI Delve into the fascinating history and understand why countless individuals worldwide dedicate themselves to this monumental quest Learn about the essential role amateur observatories play in the global effort to detect alien signals Unlock the mysteries of radio signals and the electromagnetic spectrum vital components in your SETI station s success With guidance on selecting the ideal location for your observatory discover how to find the right balance between urban convenience and rural clarity to optimize your signal detection efforts Whether you re working with

professional tools or crafting DIY antennas from household materials this manual is packed with practical instructions for building and calibrating your equipment Master the techniques of constructing efficient receiver systems and setting up real time signal processing to automate and streamline your observations Navigate the complex world of signal interpretation with ease This manual provides detailed strategies for differentiating between cosmic signals and terrestrial noise ensuring you can spot repeating patterns and anomalies with confidence Become part of a vibrant community by collaborating with fellow SETI enthusiasts sharing your findings and contributing to the collective scientific knowledge Explore the profound ethics surrounding extraterrestrial contact and ponder humanity's place in the cosmic tapestry With real life case studies troubleshooting tips and insights into future technologies The SETI Searcher's Manual is your essential companion for joining the ranks of amateur SETI pioneers Inspire the next generation and leave a lasting legacy in the ever expanding search for life beyond our world Start your cosmic journey today *Be You* Senka Holzer,2021-10-05 For decades psychologists and researchers have studied core values what Dr Senka Holzer's calls psychological DNA These core values are the things that light people up gives them pure joy they are what matters most When one's life is aligned with their core values they are at their best Yet despite what popular psychology says understanding one's core values isn't enough to guarantee fulfillment Senka's research reveals something new that people operate with not one but two different sets of values In addition to core values everyone absorbs values from outside sources family friends the media their generation and their culture Senka calls these acquired values and most people aren't even aware of them Here's why acquired values are important it's our awareness of our acquired values that determines our ultimate fulfillment Without this knowledge people may spend precious time and energy attempting to align themselves with values that are not even their own In *Be You* Senka draws on her award winning research as a real life scientist with a day job in molecular medicine and heart physiology at a major international research hospital Throughout *Be You* readers can be confident that science evidence facts research and logic are the foundation of her work But it is also inspired by Senka's life long fascination with human psychology and mind body connection She has years of certified personal and professional coaching experience and she is committed to turning hard science into a deeply intuitive and empathetic model for self transformation and fulfillment Senka writes from the heart in every sense of the word **Guide Group Fridays** Sherri Cortland & Debbie Ihburg-Smith,2015-01-05 Special channeled messages to remind us 1 just who we really are on a soul level and 2 how to use the innate power we all possess to spot our windows of opportunity for growth raise our vibrations and move ourselves forward spiritually *Staying Healthy with Nutrition*, rev Elson Haas,Buck Levin,2012-11-20 The twenty first century edition of this groundbreaking work presents authoritative health and nutrition information available in an easy to use format and a friendly engaging tone An excellent guide for those wishing to make smarter dietary choices Andrew Weil M D author of *Healthy Aging* Decades of practical experience and scientific research from Dr Elson Haas and Dr Buck Levin are compiled into one encyclopedic volume that

features newly expanded chapters on special supplements lifestage programs and breakthrough medical treatment protocols for fatigue viruses weight management and mental and mood disorders such as anxiety ADHD and depression Part One gives a detailed analysis of the building blocks of nutrition water carbohydrates proteins fats and oils vitamins minerals and other nutrients Part Two evaluates food and diets discussing every food group and most diets around the world A special chapter on the environment and nutrition raises awareness and offers guidance about food additives industrial chemicals food irradiation electro pollution and other health and ecological issues Part Three brings all of this nutritional information together showing readers how to make wise and commonsense choices while building a healthy diet A personalized eating plan for the year the Ideal Diet is both seasonally and naturally based and a healthy lifelong diet Part Four contains specific nutritional and life style therapies for enhancing all stages of life and suggests treatments for common conditions and diseases such as aging menopause bone loss weight loss and cancer by focusing on nutritional applications thirty two special diet and supplemental programs Anyone interested in enhancing wellness eating right treating illness naturally and living in harmony with nature will find Staying Healthy with Nutrition to be the ultimate handbook for optimal health and vitality

Live Your Sunshine Lesley MacCulloch, 2017-07-11 We are brought up in a world where living in fear is both encouraged and accepted Its normal to feel doubt to feel guilt to feel anger to feel a failure Its normal to lack enjoyment self confidence and fulfilment Its normal to live our lives according to what other people want of us or what we think other people want of us and to feel that in a world where we constantly criticise and compare were simply not good enough But good enough for what And in whose view Its time to turn that thinking around You are good enough You were born with confidence and a healthy self esteem You were born to smile more You were born to feel ease to feel well and to listen to your heart and your intuition And you can reconnect with that you You can live true to yourself and you can feel contentment joy and harmony You can find peace acceptance and inner strength You are perfect human worthy You are special You are you and the world needs you Free the spirit thats still burning deep inside you and shine You are and you can

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