

Kabbalah The Power To Change Everything Yehuda Berg

Soulfusion Jewish Magic before the Rise of Kabbalah Kabbalah for Beginners Living Kabbalah The Power of Kabbalah 2012 and Beyond Kabbalah and the Power of Dreaming Mystical Bodies, Mystical Meals Life Rules Satan The Power of the Kabbalah True Prosperity The Power of Kabbalah Card Deck If You Don't Like Your Life, Change It! Days of Power Zohar, the Book of Enlightenment Kabbalah and the Spiritual Quest The Complete Guide To The Kabbalah Kabbalah The Power of Kabbalah The Way of the Kabbalist The Way Kabbalah Kabbalah and the Power of Dreaming The Essential Zohar Leibniz and the Kabbalah Kabbalah The Kabbalistic Mirror of Genesis The Red String Book A Wish Can Change Your Life Kabbalah, Magic, and the Great Work of Self-transformation Kabbalah: Key to Your Inner Power Wisdom to Heal the Earth The Power of Kabbalah The Kabbalah of the Soul Kabbalah For Dummies Kabbalah on Love Word and Image in Medieval Kabbalah Rebooting The Theosophist

Soulfusion

In Soulfusion, Avi Kelman unfolds the ancient secrets of consciousness. In our lives, we create false belief systems that manifest unnecessary chaos. This book provides a simple approach to gain a better understanding of yourself and empower your consciousness. - Understand the source of these negative belief systems - Re-gain control of your mind - Learn tools to project this new-found reality into your life - Practice meditations that are easy to implement daily - Be more positive - Fill your life with happiness, synergy, and security - Become the best version of yourself Over the past 30 years, Avi Kelman, founder of Soulfusion, has trained and studied with masters from Kabbalah, various spiritualities and religions. He handpicked common denominators from these wisdoms to tailor a path to Enlightenment and find a truth for everyone.

Jewish Magic before the Rise of Kabbalah

Based on a popular series of talks given by renowned Kabbalist Yehuda Berg, Kabbalah on Love offers a simple yet profound message: love is not something that is learned or acquired, but an essence within, waiting to be revealed. Buried by layers of ego, fear, shame, doubt, low self-esteem, and other limitations, love can only be activated by sharing and serving unconditionally. Only then will the layers fall away and the essence of love reveal itself. Berg makes the distinction between love and need — which is a selfish product of ego — and reminds readers that only after connecting with the love within, and learning to love themselves, can they truly love someone else. This charming book, published just in time for Valentine's Day, is also a thoughtful gift for any day of the year.

Kabbalah for Beginners

Engaging, innovative, and fresh, Gahl Sasson's approach to Kabbalah—the ancient teachings of Jewish mysticism—integrates mythology, scholarship, and practical

exercises for seekers of both material and spiritual gratification. Based on his popular Tree of Life workshops, which incorporate meditation, dreams, and real-life synchronicities with myths, rituals, and philosophies from around the world, *A Wish Can Change Your Life* provides a universal path to finding and embracing all of life's riches.

Living Kabbalah

Outlines a drug-free approach to overcoming depression, drawing on ancient Kabbalah philosophies to counsel sufferers on how to break cycles of depression, reconnect with desire, and reclaim their lives, in a guide that is complemented by inspirational case stories.

The Power of Kabbalah

2012 and Beyond

The *Sefer Yetsirah* (the Book of Creation) is a core text of the early kabbalah, yet has remained something of a mystery. Scholars have struggled to establish the most basic facts about the work: its dating, its place of origin, and especially its meaning. The words and images of *Sefer Yetsirah* raise crucial questions about the history of kabbalah, and about scholarly categories for understanding it. This project attempts to discover the ways in which diagrams accompanying the text and its commentaries show trends in the development of the kabbalistic tradition as a whole. Ultimately, Marla Segol sheds new light on structure, context, use, and meaning in the obscure text and shows that the relation between religion and magic is closer than we think.

Kabbalah and the Power of Dreaming

Everyone wants to be financially successful, but great financial success often brings negative side effects in other areas. In this exciting book, Yehuda Berg shows why the true purpose of our lives is complete happiness and total fulfillment. Drawing on the lessons of years of study and teaching, *True Prosperity* shows how the teachings of Kabbalah, the world's oldest body of spiritual wisdom, can be used every day and every moment not only to achieve success in one aspect of life, but to avoid the setbacks in other areas that can render any accomplishment empty and meaningless.

Mystical Bodies, Mystical Meals

In *Bringing Heaven Down To Earth*, Tzvi Freeman explored an original means to deliver the wisdom of a great sage of our times, Rabbi Menachem M. Schneerson, known universally as simply "the Rebbe." Using pithy yet highly readable, brief meditations, that book unveiled for us a deeper meaning to life and provided practical guidance to weather its waves and storms. It is a book that changed tens of thousands of lives. Now, in *Wisdom to Heal the Earth*, Freeman continues with that winning format, this time along with complementary brief essays. But now he

takes us yet further, peering toward the Rebbe's vision of a world towards which all humanity is headed, and demonstrating how the details of our everyday lives are vital, crucial, and today especially urgent in reaching that grand and ultimate destiny. In Jewish parlance we call this Tikun Olam"€"the notion that we all enter this world with a mission to accomplish: to repair and perfect our assigned share of the world, so that it can become the world its Creator meant it to be.

Life Rules

Based on an innovative blend of Kabbalah and magic, a step-by-step program toward spiritual attainment guides readers through each level of the the Golden Dawn system of ritual magic and its corresponding sphere in the Kabbalah Tree of Life. Original. 10,000 first printing.

Satan

Drawing wisdom from the Zohar, this short kabbalistic text redefines this legendary period of time as a window for individuals and communities to reach "messiah consciousness." That means it's up to people, not some celestial savior, to ignite global change. All the natural disasters poverty, revolutions, anarchy, are wake-up calls to a fragmented humanity. The end is near, but as Yehuda explains this really means "the end of dominance of the human ego. In its place we will experience the unleashing of our true selves - the illuminated human soul." There must be a critical mass, a certain threshold of transformation to capitalize on this window, and when that occurs, the peoples of the world will function as one body while still appreciating our differences. Our collective minds have the power to bring an end to negative consciousness and birth a new existence right now.

The Power of the Kabbalah

The Kabbalah has long been a mysterious study. In ancient times, you had to belong to a very specific segment of the world's population to even read it: Jewish, male, over 40 years of age, married, and a lifelong student of Jewish texts. The reason for was its mysticism and exclusivity to those who were worthy. In our time, it is important to understand exactly what Kabbalah is. It is not a quick-fix. It is not a religion per se. It is not a trend or something to be studied casually. Rather, it is a way of finding spiritual answers to the most poignant life questions accompanying the human experience.

True Prosperity

A layperson's introduction to the spiritual practice's philosophies and rituals profiles Kabbalah as a faith that promotes love, self-control, healing, and other peaceful virtues, in a guide that also includes coverage of such topics as color significance, meditative practices, and special days.

The Power of Kabbalah Card Deck

A bold line-by-line reexamination of the first 3 chapters of Genesis that reveals the

essential nature of mind and creativity • Deconstructs each line of Genesis chapters 1-3 with esoteric methods derived from the oral teachings of the Kabbalah • Reveals the sefirot, the Tree of Life, as the Divine blueprint of the creative process • Explains how Genesis reveals the Divinity of mind and consciousness Hidden within the first three chapters of Genesis rests one of the greatest jewels of Western mystical literature. For millennia religious literalism has dominated our understanding of the Bible, imprisoning its subtle inner wisdom within the most coarse and superficial aspects of the narrative. Generations have been led to believe that Genesis 1-3 is only a primitive proto-cosmic history, a mythological explanation of the human moral disposition, a religious fairy tale. But by accepting the text as pure kabbalistic metaphor, the mystical content of Genesis springs forth, revealing the Divine nature of creativity as well as a new understanding of the human mind. Deconstructing each line of Genesis 1-3 with esoteric methods derived from the oral teachings of the Kabbalah, David Chaim Smith reveals how the ten sefirot, collectively known as the Tree of Life, are not simply a linear hierarchy. They are a unified interdependent whole with ten interactive functions, forming the template through which creative diversity manifests. Through acts of creation and creativity, the mind expresses its Divine nature. Through our Divine creative power, we are able to touch upon Ain Sof (the infinite), the lifeblood of all creative expression. Smith's line-by-line examination of Genesis 1-3 reveals a complete model not only of Divine creativity but also of the predicament of the human mind, of the Divine nature of consciousness as well as our inability to recognize the mind's Divinity. With this new interpretation, which removes the concept of a Creator God, we are able to transcend the contrasting notions of "being" and "non-being" at the heart of conventional habits of perception and awaken a new mystical understanding of Unity and the fathomless depth of Divinity.

If You Don't Like Your Life, Change It!

Die kosmischen Gesetze und Energien im Alltag nutzen Viele Menschen fühlen sich immer noch mehr als Opfer denn als Schöpfer ihrer Realität. Warum? Weil sie die kosmischen Gesetze weder kennen noch anwenden, so der Standpunkt der Kabbalah, der mystischen Tradition des Judentums. Stars wie Madonna und viele andere Prominente sind überzeugte Anhänger dieser Lehre - und das aus gutem Grund: Die Kabbalah geht weit über alles hinaus, was ein religiöses System bieten kann, denn sie beschäftigt sich mit den innersten Gesetzen des Universums und damit, wie wir sie erkennen und nutzen können. Dieses Buch zeigt: • Wie man die moderne Psychologie und das uralte Wissen der Kabbalah miteinander verbindet • Engelnamen, Zahlen und hebräische Buchstaben als Träger kreativer Energie und wie man sie einsetzt • Wie man unbewusste Mechanismen beseitigt, die unsere Wahrnehmung eingrenzen und unseren Willen blockieren • Das Ego als »Trainingspartner«: wie man seine Tricks erkennt und es schließlich besiegt

Days of Power

It is possible to rise above the gravitational pull that draw us into the same scenes by using kabbalistic tools. Challenges such as pain, addiction and fear are opportunities for growth. By becoming familiar with underlying messages we tell ourselves, we can recognize and overcome destructive thoughts and reactive

behavior, make different choices and ultimately create different results. Our decisions and actions today are seeds that create either chaos or fulfillment in our future. When we step out of our nature, Nature responds in turn. According to the kabbalists that's how we can create miracles. Stop playing that old re-run! We all know we have the ability to transform; this book helps in understanding exactly what we need to change so we can rewrite our movie. For those who loved The Power of Kabbalah or Living Kabbalah, get ready to take the next steps in writing, directing, and acting a new life.

Zohar, the Book of Enlightenment

Provides an overview of Kabbalah and its popularity in the United States.

Kabbalah and the Spiritual Quest

This is the first translation with commentary of selections from The Zohar, the major text of the Kabbalah, the Jewish mystical tradition. This work was written in 13th-century Spain by Moses de Leon, a Spanish scholar.

The Complete Guide To The Kabbalah

A lighthearted self-portrait written from the perspective of the devil himself traces how he successfully deceived most of the human race into believing he does not exist and reveals his fear that Kabbalistic wisdom can overcome his mastery of negativity and evil influences.

Kabbalah

From best-selling author and noted teacher and speaker Yehuda Berg comes a thought-provoking call to action on our current global crisis. Positing that our collective abdication of responsibility -- in every facet of our lives, including business and the economy, the environment, government and politics, healthcare, education, and religion -- has contributed to the problems and challenges we face, Berg asserts that taking responsibility for our actions (or lack thereof) and their consequences is the key to achieving change for the better. Berg urges readers to access the power within each of us, using the principles of Kabbalah, in order to create the consciousness shift required for lasting positive change.

The Power of Kabbalah

For thousands of years, no book has been more shrouded in mystery than the Zohar, yet no book offers us greater wisdom. The central text of Kabbalah, the Zohar is a commentary on the Bible's narratives, laws, and genealogies and a map of the spiritual landscape. In The Essential Zohar, the eminent kabbalist Rav P. S. Berg decodes its teachings on evil, redemption, human relationships, wealth and poverty, and other fundamental concerns from a practical, contemporary perspective. The Zohar and Kabbalah have traditionally been known as the world's most esoteric sources of spiritual knowledge, but Rav Berg has dedicated his life to making this concentrated distillation of infinite wisdom available to people of all

faiths so that we may use its principles to live each day in harmony with the divine.

The Way of the Kabbalist

Familiar reality is the one percent material realm in which we live; there are other dimensions - the world beyond our five senses. According to Kabbalah, this is called the 99 percent realm. Everything we truly desire - love, joy, peace of mind, freedom - is of the ethereal nature found in the 99 percent realm. The problem is that most of us have inadvertently disconnected ourselves from this source. By learning how to maintain a connection to this higher source, we can vanish any form of chaos, personal struggle, and despair, and materialize a life of lasting fulfillment. This foundational text on Kabbalah features new content and is more accessible for meeting today's current challenges. The exercises included will help readers break free of prevalent beliefs and habits that lead to negativity. Readers will discover how to align their actions with their higher purpose and become conscious of the unlimited possibilities in their own life.

The Way

Mystical Bodies, Mystical Meals is the first book-length study of mystical eating practices and experiences in the kabbalah. Focusing on the Jewish mystical literature of late-thirteenth-century Spain, author Joel Hecker analyzes the ways in which the Zohar and other contemporaneous literature represent mystical attainment in their homilies about eating. What emerges is not only consideration of eating practices but, more broadly, the effects such practices and experiences have on the bodies of its practitioners.

Kabbalah

“Magic culture is certainly fascinating. But what is it? What, in fact, are magic writings, magic artifacts?” Originally published in Hebrew in 2010, *Jewish Magic Before the Rise of Kabbalah* is a comprehensive study of early Jewish magic focusing on three major topics: Jewish magic inventiveness, the conflict with the culture it reflects, and the scientific study of both. The first part of the book analyzes the essence of magic in general and Jewish magic in particular. The book begins with theories addressing the relationship of magic and religion in fields like comparative study of religion, sociology of religion, history, and cultural anthropology, and considers the implications of the paradigm shift in the interdisciplinary understanding of magic for the study of Jewish magic. The second part of the book focuses on Jewish magic culture in late antiquity and in the early Islamic period. This section highlights the artifacts left behind by the magic practitioners—amulets, bowls, precious stones, and human skulls—as well as manuals that include hundreds of recipes. *Jewish Magic before the Rise of Kabbalah* also reports on the culture that is reflected in the magic evidence from the perspective of external non-magic contemporary Jewish sources. Issues of magic and religion, magical mysticism, and magic and social power are dealt with in length in this thorough investigation. Scholars interested in early Jewish history and comparative religions will find great value in this text.

Kabbalah and the Power of Dreaming

The general view of scholars is that the Kabbalah had no meaningful influence on Leibniz's thought. } But on the basis of new evidence I am convinced that the question must be reopened. The Kabbalah did influence Leibniz, and a recognition of this will lead to both a better understanding of the supposed "quirkiness," of Leibniz's philosophy and an appreciation of the Kabbalah as an integral but hitherto ignored factor in the emergence of the modern secular and scientifically oriented world. During the past twenty years there has been increasing willingness to recognize the important ways in which mystical and occult thinking contributed to the development of science and the emergence of toleration. However, the Kabbalah, particularly the Lurianic Kabbalah with its monistic vitalism and optimistic philosophy of perfectionism and universal salvation, has not yet been integrated into the new historiography, although it richly deserves to be. On the basis of manuscripts in libraries at Hanover and Wolfenbiittel, it is clear that Leibniz's relationship with Francis Mercury van Helmont (1614- 1698) and Christian Knorr von Rosenroth (1636-1689), the two leading Christian Kabbalists of the period, was much closer than previously imagined and that his direct knowledge of their writings, especially the collection of 4 kabbalistic texts they published in the Kabbala Denudata, was far more detailed than most scholars have realized. During 1688 Leibniz spent more than a month at Sulzbach with von Rosenroth.

The Essential Zohar

A forefront Kabbalah teacher and co-director of the Kabbalah Centre International outlines a practical and systematic approach to integrating Kabbalah into daily life by overcoming negative thoughts and patterns, creating positive change, and living abundantly, in a resource that is complemented by spiritual exercises, journal prompts, and meditation guidelines.

Leibniz and the Kabbalah

This engaging deck of 72 cards distills the essence of Yehuda Berg's best-selling book, The Power of Kabbalah, offering a new and accessible way to learn about this ancient wisdom. Each card features a key passage selected from the book, followed by a thought-provoking question or exercise, making the cards highly interactive tools for spiritual growth and transformation.

Kabbalah

Describes how the secret wisdom tradition known as the cabala can provide guidelines for reaching the universe of light that practitioners believe exists beyond the everyday world.

The Kabbalistic Mirror of Genesis

Explains the basic teachings of the kabbalah, using examples taken from the lives of teenagers and the author, and gives exercises at the ends of the chapters to help readers think about what they have read.

The Red String Book

Kabbalah For Dummies presents a balanced perspective of Kabbalah as an “umbrella” for a complex assemblage of mystical Jewish teachings and codification techniques. Kabbalah For Dummies also shows how Kabbalah simultaneously presents an approach to the study of text, the performance of ritual and the experience of worship, as well as how the reader can apply its teaching to everyday life.

A Wish Can Change Your Life

So what exactly fuels the popularity of the Red String, seen on the left wrists of so many celebrities? With the official Red String provided in the back of The Red String Book we offer everyone the opportunity to discover it for themselves. Rooted in the ancient, timeless wisdom of Kabbalah, this simple tool holds the power of protection. No matter what race, religion, faith, or gender, anyone can experience transformation and ignite self-fulfillment as a result of reading The Red String Book.

Kabbalah, Magic, and the Great Work of Self-transformation

The Kabbalist Rabbi Laitman, who was the student and personal assistant to Rabbi Baruch Ashlag from 1979-1991, follows in the footsteps of his rabbi in passing on the wisdom of Kabbalah to the world. This book is based on sources that were passed down by Rabbi Baruch's father, Rabbi Yehuda Ashlag (Baal HaSulam), the author of 'the Sulam', the commentaries on The Book of Zohar, who continued the ways of the Ari and Rabbi Shimon Bar Yochai and many great Kabbalists throughout the generations before them. The goal of this book is to assist individuals in confronting the first stages of the spiritual realm. This unique method of study, which encourages sharing this wisdom with others, not only helps overcome the trials and tribulations of everyday life, but initiates a process in which individuals extend themselves beyond the standard limitations of today's world.

Kabbalah: Key to Your Inner Power

“A masterpiece. The rich tradition of the Kabbalah comes to life in a language that is accessible even to those unfamiliar with this ancient and classic tradition.”
—Caroline Myss, Ph.D., New York Times bestselling author of Anatomy of the Spirit
Mystics are adventurers of the spirit who dare to push beyond the boundaries of orthodox tradition to pursue a common goal—the direct experience of God. Kabbalah: Key to Your Inner Power explores the once-secret Jewish mystical tradition known as Kabbalah. With intriguing new perspectives, it shows how we can use Kabbalah’s extraordinary revelations about the creation of the universe, our relationship to God and our purpose in life to unlock our own spiritual power. It brings to life the path of the Jewish mystics—their joys and ecstasies, their sacred visions, and their practical techniques for experiencing the sacred in everyday life. Includes 36 illustrations, 19 charts and diagrams, pronunciation guide.”

Wisdom to Heal the Earth

A dynamic exposition of the powerful, ancient Sephardic tradition of dreaming passed down from the renowned 13th-century kabbalist Isaac the Blind • Includes exercises and practices to access the dream state at will in order to engage with life in a state of enhanced awareness • Written by the close student of revered kabbalist Colette Aboulker-Muscat In *Kabbalah and the Power of Dreaming* Catherine Shainberg unveils the esoteric practices that allow us to unlock the dreaming mind's transformative and intuitive powers. These are the practices used by ancient prophets, seers, and sages to control dreams and visions. Shainberg draws upon the ancient Sephardic Kabbalah tradition, as well as illustrative stories and myths from around the Mediterranean, to teach readers how to harness the intuitive power of their dreaming. While the Hebrew Bible and our Western esoteric tradition give us ample evidence of dream teachings, rarely has the path to becoming a conscious dreamer been articulated. Shainberg shows that dreaming is not something that merely takes place while sleeping--we are dreaming at every moment. By teaching the conscious mind to be awake in our sleeping dreams and the dreaming mind to be manifest in daytime awareness, we are able to achieve revolutionary consciousness. Her inner-vision exercises initiate creative and transformative images that generate the pathways to self-realization.

The Power of Kabbalah

Hebrew scholar Ken Hanson tells the story of Kabbalah.

The Kabbalah of the Soul

Leet has erected a new framework for understanding the mechanism of the transformative spiritual work that enables the human soul to reach higher dimensions of consciousness. She develops a technique called "the Transformative Moment," that allows the individual to progress through all the higher levels of the soul.

Kabbalah For Dummies

The Kabbalah is a practical system for understanding ourselves and our relationship with the world. At the heart of the Western Mystery Tradition, it is based upon a 'map' called the Tree of Life. *The Complete Guide to the Kabbalah* reveals the ancient mysteries of the Tree of Life in a way that is exciting, effective in its applications, and relevant to our modern everyday lives. The blend of traditional teachings coupled with state-of-the-art psychological understanding makes it an essential book for everyone interested in their own personal and spiritual development. This comprehensive book explains in straightforward terms how the Kabbalah can help us to: - Understand the connections between all the different events, ideas, and relationships we experience, and thereby make sense of life and enable us to live it to the full - Work from the heart as well as from the intellect and apply your insights to everyday life - Open yourself to the fabulous resources of your own inner wisdom

Kabbalah on Love

Kabbalah; The Power to Change Everything (Portuguese) is a progressive manual for daily life to awaken consciousness and create personal and global change. Yehuda Berg examines the problematic areas of politics, religion, environment, and economy, and demonstrates how everything, no matter how bleak, can be transformed by shifting our minds. Writing in a smart, concise, and sometimes irreverent manner, Yehuda urges us to take responsibility because every action we perform in the present creates a quantum effect. This book drives home the uncomfortable truth that global challenges are opportunities for individual change. Change your mind, and change our world.

Word and Image in Medieval Kabbalah

"The simple and practical wisdom I have gained by reading this book and studying Kabbalah is immeasurable." --Madonna "This book will inspire your soul. Michael Berg has accomplished the monumental task of translating the eternal truths of life into spiritual common sense. Without a doubt, The Way will become one of the sacred texts of your own life." -Caroline Myss, Ph.D., author of Anatomy of the Spirit and Sacred Contracts The spiritual way of Kabbalah has grown from a hidden treasure into a widespread mainstream movement that has helped people from every walk of life, all around the world, to improve their lives. In this bestselling book, Michael Berg of The Kabbalah Centre-the world's leading educational institution teaching the wisdom of Kabbalah-shows you how to recognize and understand the key spiritual laws in order to improve your life and the lives of everyone around you. The Way will teach you meditation and prayer techniques and how to reduce emotional chaos and increase personal harmony. At once groundbreaking and so clearly written that it is accessible to anyone following any spiritual path, The Way provides the spiritual power tools to attain true fulfillment and happiness.

Rebooting

With the second volume of "Days of Power", Kabbalist Rav Berg continues his revelation of the secret energies of the holidays. This is vital information, and it has never been more urgently needed than it is today. For as the Rav makes clear, there is only one solution to the chaos that now besets the world. That solution is the wisdom of Kabbalah, and the powerful energies that become accessible to us at specific moments of the year. These moments are the holidays, each of which has unique power and purpose. Moreover, the power and purpose of the holidays are intended for everyone. Like Kabbalah itself, the holidays transcend any religion or nationality. They are truly the shared birthright of all humankind. By bringing the power of the holidays into our lives, we can transform ourselves. Whats more, as greater and greater numbers of people achieve this transformation, pain, suffering and every form of chaos will literally be erased forever. Even death itself will cease to hold dominion. This is not a dream. It is not even a miracle as that word is usually understood. Rather, it is the true purpose of our existence. Far from being mere commemorations, the holidays are key tools for attaining that purpose, and "Days of Power" is a practical users manual for each and every holiday.

The Theosophist

A dynamic exposition of the powerful, ancient Sephardic tradition of dreaming passed down from the renowned 13th-century kabbalist Isaac the Blind • Includes exercises and practices to access the dream state at will in order to engage with life in a state of enhanced awareness • Written by the close student of revered kabbalist Colette Aboulker-Muscat In *Kabbalah and the Power of Dreaming* Catherine Shainberg unveils the esoteric practices that allow us to unlock the dreaming mind's transformative and intuitive powers. These are the practices used by ancient prophets, seers, and sages to control dreams and visions. Shainberg draws upon the ancient Sephardic Kabbalah tradition, as well as illustrative stories and myths from around the Mediterranean, to teach readers how to harness the intuitive power of their dreaming. While the Hebrew Bible and our Western esoteric tradition give us ample evidence of dream teachings, rarely has the path to becoming a conscious dreamer been articulated. Shainberg shows that dreaming is not something that merely takes place while sleeping--we are dreaming at every moment. By teaching the conscious mind to be awake in our sleeping dreams and the dreaming mind to be manifest in daytime awareness, we are able to achieve revolutionary consciousness. Her inner-vision exercises initiate creative and transformative images that generate the pathways to self-realization.

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