

TRANSFORMING YOUR DRAGONS

HOW TO TURN FEAR PATTERNS
INTO PERSONAL POWER

JOSÉ STEVENS, PhD

Transforming Your Dragons How To Turn Fear Patterns Into Personal Power

George Robbins



Transforming Your Dragons How To Turn Fear Patterns Into Personal Power:

Transforming Your Dragons José Stevens, 1994 *Transforming Your Dragons* José Stevens, 1994-08-01 Dr Stevens describes the core source of human fear inner dragons that consume power through greed self deprecation arrogance impatience martyrdom self destruction and just plain stubbornness

Healing Through the Shadow of Loss Deborah Morris Coryell, 2004-04-21 In *Healing Through the Shadow of Loss* Deborah Morris Coryell describes grief as the experience of not having anywhere to place our love She reminds us that all losses must be grieved and that paying attention to even the most minute experience of loss can help us to be more in tune with ourselves allowing us to once again join the rhythm of life from which we have become disconnected

How to Pray the Shaman's Way José Luis Stevens, 2021 Discover the secrets of prayer for healing and inner peace This is a book about prayer but not the kind of prayer that you are probably familiar with It is a book about prayer that will teach you how to get in touch with the universe and communicate with Spirit It is a book that will initiate you into a new way of being one that will incorporate the wisdom of the ages Jos Luis Stevens will lead you on a spiritual path that covers the entire range of human experience from gratitude worship and celebration to grief guilt affliction supplication and suffering This incredibly potent spiritual practice is one of humankind s most ancient and enduring activities and is as prevalent today as it was thousands of years ago Building on his decades of training and teaching in the shamanic tradition Stevens offers a complete guide to this universal transformative practice in *How to Pray the Shaman s Way* This book is not only an in depth exploration of prayer as an innate human phenomenon but also a practical guide for initiating or deepening your own rich prayer practice Packed with inspired prayers that can be adapted for many different traditions this book is a deep dive into the world of personal transformation healing and spiritual guidance

Encounters with Power José Luis Stevens, Ph.D., 2017-01-01 A Shamanic Odyssey of Discovery When you leave the beaten path of civilization you enter the world of primal and mysterious forces and encounter wonders you never thought possible This is the territory of the shaman To learn the secrets of shamanism Jos Luis Stevens has traveled to the remote and wild places where the oldest human spiritual practice still exists in its purest form With *Encounters with Power* this respected teacher invites you to experience his journeys to meet shamans around the globe and share in the wisdom he received Join this master storyteller as he recounts his meetings with Spirit in its many guises including India and the Life Changing Reading at a turning point in his life Jose receives a startlingly accurate prophecy Lost in Mexico a humbling education in the difference between power and control The Guatemala Test and Initiation the power of being frugal with judgment and generous with forgiveness Encounters with the Power of Aborigines and Songlines Down Under sometimes the teacher appears when the student is not ready Journeys for Power with Medicine visions with the plant spirit of ayahuasca A Magical Andes Wedding an unforgettable ceremony attended by people spirits and the forces of nature The Dolphin Brujos nature s tricksters teach a sharp lesson in responsibility and humility Encounters with the Dark Shaman a perilous jungle journey

reveals the ferocity of nature and the dangerous side of shamanic practice Nevado Aconcagua Pilgrimage to a Sacred Mountain how a holy place can be both a dangerous trial and a source of limitless support Power is everywhere encounters with power can happen any time In my travels to meet these extraordinary healers writes Jos I ve had terrifying enlightening and at times hugely entertaining adventures Power can destroy us or it can raise us up by teaching us and nourishing us I may not be a master but I have learned a few things that you may find helpful on your own quest

Awakening to the Spirit World Hank Wesselman, PhD, Sandra Ingerman, MA, 2010-03-01 Today practicing shamanism doesn't mean you have to live in a rain forest or a desert Thanks to a modern renaissance of shamanic spirituality practitioners from all walks of life now use powerful indigenous techniques for healing insight and spiritual growth With *Awakening to the Spirit World* teachers Sandra Ingerman and Hank Wesselman bring together a circle of renowned Western shamanic elders Tom Cowan Carol Proudfoot Edgar Jos Stevens and Alberto Villoldo to present a comprehensive manual for making these practices accessible and available in our daily lives including How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today The art of the shamanic journey a time tested meditative method for experiencing important spiritual lessons and truths Guidance for avoiding common pitfalls of shamanic practice Instruction for working with your dreams connecting to your spirit guides healing yourself and your environment Drumming tracks to facilitate your shamanic journeys

The Power of Emotion Michael Sky, 2002-11-01 An original model of the nature and workings of emotions Shows how to both unleash and harness the power of emotions to promote physical health mental clarity creativity and more satisfying relationships Offers easy to follow breathing exercises that allow readers to tap into their reservoirs of vital energy to accomplish their goals By the author of *Breathing Expanding Your Power and Energy* 25 000 sold Emotions are the link between body mind spirit and all our relationships yet as Westerners we have been trained from our earliest years to repress our emotions In our society those who appear the least passionate are seen as strong confident and mature In our desire to attain this goal we often suppress our deepest emotions eventually causing a blockage of energy that leaves us numb and unable to access our authentic feelings Michael Sky explains that emotions are the vital energy source inside each of us that we can harness and direct in a positive way to promote better physical health mental clarity creativity and more satisfying relationships He details four simple but potent tools to aid in the productive channeling of powerful emotional energy active acceptance dynamic relaxation conscious connected breathing and creative choice Taken together these tools create a lifestyle that frees suppressed emotional energies and allows for empowered responses With meditative breathing practices at the end of each chapter and inspirational passages from the teachings of Adi Da readers will learn to positively experience and develop their emotions while enhancing their creativity and productivity to accomplish their goals

Healing with Shamanism Jaime Meyer MA, 2020-08-11 Discover the history and healing power of shamanism a practical guide For tens of thousands of years shamanism has helped us to understand the transcendent union between body

mind and spirit Healing with Shamanism is a comprehensive guide to the history and practice of shamanistic healing from all over the world so you can learn from their power and apply it in your own life Explore shamanistic techniques that offer wisdom on healing every part of your being including visualization meditation journaling song and chant massage ecstatic dance energy manipulation and power animal work It s time to embark on a journey that will fill you with love wonder and the power to live in restorative wholeness Healing with Shamanism includes A world of shamanism Learn what shamanism is the difference between animism and shamanism the unique regional differences and contributions to shamanistic practices and beyond Tools for healing Discover some of the common cross cultural tools that shamans use for healing today and throughout time from crystals and plants to ritual clothing rattles cloaks and drums Shamanistic glossary Explore helpful definitions of the more abstract words concepts and ideas Find the healing power within you with the profound wisdom of shamanism The Mystery of Spirit George Robbins,2021-02-25 Focusing on techniques of spiritual development and awareness of the presence of spirit in ordinary life Robbins challenges the reader to move beyond spiritual blockages and obstacles and raise the vibrational frequencies that bring us to greater enlightenment This reduces negative emotions such as despair meaninglessness and unhappiness Robbins wants to help us increase our pro social activity thereby contributing to a more open minded service towards others In this book he shows how to use effective techniques for practical and spiritual change while following a path of heart Tao of No Stress Stuart Alve Olson,2002-03-01 Teaches the three paths that Taoist masters have used for centuries to create tranquillity in one s life Adapts ancient Taoist wisdom to address the problems of a frenetic lifestyle Offers clear instructions for releasing massaging and breathing stress away Explores the mind body stress connection showing that once the mind is calm the body can function at its best Starting from the basic principle of If you want to know how to eliminate stress ask someone who is without stress Stuart Alve Olson introduces the simple time tested exercises of Taoist masters to teach even the most harried Westerner how to go beyond reducing stress to eliminating it all together Olson offers easy to use techniques to help us let go of tension and mental strain through breathing mental relaxation and massage Readers will learn from fifth century physician T ao Hung ching the Six Sounds therapy that can be practiced between phone calls at the office or during morning traffic Whether rubbing a simple pressure point in the middle of a meeting or enjoying breathing methods like the Heng Ha breath all day long readers will discover the gifts of tranquillity health and balance offered by age old Taoist practices Tao of No Stress utilizes traditional verse photos and the down to earth guidance of the author to teach both the experienced Taoist practitioner and the complete novice how to live stress free in a stress full world **Numerology for Healing** Michael Brill,2008-11-25 A unique approach to using numerology to identify life challenges and karmic lessons to heal emotional and physical problems Provides a clear method for identifying challenges specific to your birthday and name Details 185 health conditions and how to address the causes using numerology from addictions and Alzheimer s disease to thyroid problems heart failure and cancer Offers guidance in

understanding universal abandonment issues and how these affect our behavior In Numerology for Healing Michael Brill combines numerology with psychology quantum physics and the concepts of gematria and reincarnation to create a unique approach to healing emotional and physical problems based on life challenges and karmic lessons Humans suffer from a profound sense of abandonment when the soul is decanted from the Universal Oneness into the confines of a personality Brill explains how this sense of abandonment manifests itself in two principal types of behavior people work to be loved and appreciated for who they are or they try to control and micromanage their lives and relationships so that nothing goes wrong Both of these behavior patterns are exhausting physically emotionally and mentally and are clear catalysts for illness Brill details 185 physical and mental health conditions and shows how to identify and treat the causes from addictions and Alzheimer s disease to thyroid problems heart failure and cancer For instance he reveals that in general illnesses beginning with the letter A acne and alcoholism have issues of self esteem as one of the basic causes whereas illnesses beginning with letter G gallstones and glaucoma are associated with a need to be in control in relationships or at work By using the numerology of your birth date and name Numerology for Healing makes it easy to identify your positive and negative tendencies and characteristics and to use them as the key to achieving a healthier life **Psychic Psychology** John

Friedlander,Gloria Hemsher,2011-08-09 Two of America s most experienced and respected psychic teachers present their system of the subtle energy of interpersonal relationships in a book that will appeal to anyone wishing to understand and improve their relationships within their families partnerships workplaces and wider communities This useful guide from two of America s preeminent psychics is unique in its focus on individual psychology and interpersonal relationships It begins with simple meditations during which practitioners learn how to recognize their own psychic energy and also determine if that energy is constrained Psychic Psychology shows how to free energy through such tools as grounding clearing psychic enmeshment and finding the space from which to respond most openly resourcefully and generously to life An entire chapter is devoted to exploring the specific energies men and women have based on their biological differences and helping them to deal with their own energy and that of the other sex Friedlander and Hemsher present the everyday usefulness of clairvoyant skills within a big picture where they explain that we create our reality but do not control it and that the personality like the soul is eternal and always growing The final section describes how psychic skills can be applied in real world contexts which are often ambiguous and contradictory The book explores common issues such as dealing with selfdoubt without jumping to unwarranted blind confidence and how to communicate effectively with clear boundaries **7 Personality Types** Elizabeth

Puttick,2009-08-15 The seven archetypes of Artisan Sage Server Priest Warrior King and Scholar have always existed in every society and everyone belongs to one of these groups Thousands of people around the world have used this system to discover their true nature and to find fulfillment Page 4 of cover Alchemical Healing Nicki Scully,2003-07-28 Combines shamanism alchemy and energy medicine to create a unique healing modality Explores how to turn the base substance of

who you are the dark mystery of your subconscious into the alchemical gold of knowledge and enlightenment Includes techniques of distant healing and working with power animals and plant mineral and elemental spirits Shows how to utilize the Universal Life Force to reawaken inherent healing abilities Alchemical Healing brings together innovative techniques of shamanism and energetic healing with the principles of alchemy creating a practical form of physical healing therapeutic counseling and spiritual growth The author provides ways to integrate spirit and matter to develop communications between divinity and humanity to retrieve knowledge and to influence physical reality in order to achieve healing and transformation With simple directions readers are guided through attunements and empowerments that access the Universal Life Force energy and a five element system for healing themselves and others They learn powerful techniques such as psychic surgery distant healing and how to work with power animals and plant mineral and elemental spirit guides Alchemical Healing presents a sacred journey into the most profound principles and mysteries of creation It offers both an art form and a spiritual path that develops one's ability to co create the future with the wisdom of the spirit world **Blessed with Energy**

Marcy Meyers, 2018-03-08 Energy Medicine What is it Is there any science to it What does God say about it This book uses a trinity of proof easy to understand scientific explanation scriptural support for the concepts and life experience to explain how and why energy medicine works By replacing fears and misconceptions about energy medicine with the truth about the human energy field you will gain a greater understanding of your own created potential Understanding how vibrational frequencies affect your physical mental and spiritual health will bring into conscious awareness the unseen forces that shape your health This book will shift your paradigm about your ability to impact your health issues energy level and quality of life When science and faith confirm each other you are free to step into the powerful healing abilities of your own innate creation and use energy medicine to help facilitate that healing Transformation Through Bodywork Dan

Menkin, 1966-06-01 A book about facilitating inner peace exploring the integration of inner peace counseling and transformation oriented bodywork **The Spiritual Gift of Madness** Seth Farber, 2012-04-17 A bold call for the insane to reclaim their rightful role as prophets of spiritual and cultural transformation Explains how many of those diagnosed as schizophrenic bipolar and other forms of madness are not ill but experiencing a spiritual awakening Explores the rise of Mad Pride and the mental patients liberation movement Reveals how those seen as mad must embrace their spiritual gifts to help the coming global spiritual transition Many of the great prophets of the past experienced madness a breakdown followed by a breakthrough spiritual death followed by rebirth With the advent of modern psychiatry the budding prophets of today are captured and transformed into chronic mental patients before they can flower into the visionaries and mystics they were intended to become As we approach the tipping point between extinction and global spiritual awakening there is a deep need for these prophets to embrace their spiritual gifts To make this happen we must learn to respect the sanctity of madness We need to cultivate Mad Pride Exploring the rise of Mad Pride and the mental patients liberation movement as well as building

upon psychiatrist R D Laing's revolutionary theories Seth Farber Ph D explains that diagnosing people as mad has more to do with social control than therapy Many of those labeled as schizophrenic bipolar and other kinds of mad are not ill but simply experiencing different forms of spiritual awakening they are seeing and feeling what is wrong with society and what needs to be done to change it Farber shares his interviews with former schizophrenics who now lead successful and inspiring lives He shows that it is impossible for society to change as long as the mad are suppressed because they are our catalysts of social change By reclaiming their rightful role as prophets of spiritual and cultural revitalization the mad by seeding new visions for our future can help humanity overcome the spiritual crisis that endangers our survival and lead us to a higher and long awaited stage of spiritual development

The Balancing Act Sharon Seivert, 2001-10-01 Highly effective strategies that help people and businesses succeed using the five elements of water air earth fire and ether The five elements represent emotion mind body drive and soul Presents case studies from Seivert's organizational and executive clients in financial services health care government academics technology retail and marketing The unique tools in The Balancing Act can be applied equally well to businesses families or personal relationships Have you ever had one of those days when everything went right When the initiatives you started at work came together like clockwork when a family outing seemed like fun and not labor when you and that special someone felt your relationship taking off under its own power Those times were not accidental They happen when the key elements of any system a business a family a relationship come into balance and then function in a state of synergy where the whole becomes much more than the sum of the parts In The Balancing Act consultant and personal coach Sharon Seivert shows how you can create this magical state of affairs in your life love and work on a daily basis Starting with an extensive questionnaire that lets you evaluate the health of your business relationships and self Seivert teaches you how to recognize which of the five traditional elements that make up any system are in balance and which need more of your attention Exercises and tips for nourishing each element demonstrate how you can take a proactive role in bringing your life successfully into a state of balanced harmony

Offering from the Conscious Body Janet Adler, 2002-09-01 The exploration of the direct experience of healing and of the divine through the witnessing of movement becoming conscious Uses sample sessions and descriptive theory to explain the discipline Based on the author's 35 years of movement work Offering from the Conscious Body reveals both the theory and practice of a unique body based process that is cathartic creative healing and mystical as presented by Janet Adler the presiding voice in the field This Western awareness practice encourages the individual to experience the evolving relationship with oneself another the collective and the divine through the natural impulses of conscious movement compassionate witnessing and clear articulation of experience Through the vivid examples taken from her own practice Adler demonstrates that physical movement can invite direct experience of spiritual truths The reader is led through the multiple layers within the discipline moving and witnessing in dyads and then groups in the presence of a witnessing teacher to develop a comprehensive and

experiential understanding of this innovative way of work Designed for professionals and laypersons interested in psychology bodywork mystic traditions or personal transformation the discipline of Authentic Movement is at the cutting edge of emerging Western healing practices **Breaking Out of Environmental Illness** Robert Sampson, Patricia Hughes, 1997
The authors up close and personal account of their process of recovering from environmental illness

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