

## **Come Liberarsi Da Pensieri Intossicanti: Semplici Strumenti Per La Trasformazione Personale**

According to Sandra Ingerman and thousands of years of shamans before her, it is not what we do but who we are and what we are willing to become that affects our happiness, the health of our communities, and ultimately the planet itself. The Shaman's Toolkit teaches us how to root out the beliefs that are limiting us, how to heal our inner lives and become the people we most want to be, and how to utilize ancient shamanic principles of manifestation to help shape the world we want to live in. This is shamanism with a kind of social change agenda. It's about having the happiest and most fulfilling life possible and becoming a truly effective world citizen and change maker. (This book was originally published in 2010 as How to Thrive in Changing Times.)

Rafforzare la Femminilità e l'Autostima e andare oltre gli schemi che ci rendono infelici. Il Risveglio del Sacro Femminile Creatore, libro intenso, vivo, nato da esperienze vissute in prima persona, carico di vitale energia femminile, in cui la visione del Sé si eleva e tocca sfere Divine presenti nel cuore di ognuno qui sulla terra. È un manuale carico d'insegnamento e pratico da usare per imparare e per conoscersi. Adatto a donne e uomini di tutte le età, per comprendere se stessi e gli altri e scoprire come amare la propria natura interiore! Michela Chiarelli e Arianna Romano: Michela Chiarelli è Sciamana Italiana di Tradizione Ereditaria, Operatrice Olistica Professionale, Operatrice Olistica Trainer certificata S.I.A.F. Operatrice di tecniche energetiche e riequilibranti del sistema corpo mente e spirito come: il Reiki, il Cranio Sacrale, L'EFT. Scrittrice edita Macro Edizioni e Auralia Edizioni. Direttrice della Scuola di Formazione per Operatori Olistici Antica Sophia Italica-[www.anticasophiaitalica.com](http://www.anticasophiaitalica.com) e Arianna Romano, una Laureata in Filosofia, Naturopata, operatrice Theta Healing, Facilitatrice Bars, appassionata di Sciamanesimo, studiosa di Counseling filosofico e Danzaterapia, due donne che mettono a disposizione del mondo le proprie esperienze formative e di studio. Legate da vera amicizia, condividono una serie di discorsi da cui nascono seminari di forte impatto sociale ed Evolutivo e dai quali nasce questo manuale fatto di Filosofiche traduzioni del sentire umano, più vicino al mondo moderno e di atti pratici di conoscenza del femminile. Offrono un viaggio, nell'equilibrio, nel femminile, nello sciamanesimo italiano e nel riscatto della propria condizione di disagio interiore. Guidano insieme seminari sul Potere del Femminino Sacro tra danze, canti ed esercizi energizzanti, troverete la via per alleviare il dolore ed essere Padroni della vostra Felicità.

Are you in an abusive or unhappy relationship? Do you try too hard to please your friends at the expense of your own needs and wants? Are you subservient to others and do you find yourself unable to become independent? Do you suffer from negative self-talk? These are all signs that your self-care regimen is deficient in some way. The Smart Girl's Guide to Self-Care tackles the common problems of effective self-care with practical suggestions for practices that will create a sustainable, lifelong self-care routine. For those who are beginners to concepts like mindfulness, meditation, opposite action, positive rebellion, positive affirmations and radical acceptance, this book will provide a useful and comprehensive introduction. For those struggling from the trauma of emotionally abusive relationships, this book will guide you in recognizing the signs of abuse, creating a reverse discourse that challenges ruminations over the abuse, moving forward successfully after a break-up using no contact, and techniques on coping with trauma in constructive and meaningful ways. Each chapter of this book also provides a list of supplemental resources as well as a recommended reading list to guide you on this journey to greater self-love and self-care. Although this book is intended for everyone, its target audience is young women who are socialized to believe that their needs and wants don't matter and that their relationships with others are much more important than the relationship they have with themselves. In order to have healthy, happy relationships with others, we must first cultivate healthy, happy relationships with ourselves and eradicate the toxic habits that deplete us of the self-love and self-acceptance necessary for a fulfilling life. You may be wondering: How is it possible to banish the browbeating bully inside your own head, influenced by all the bullies you've encountered in real life? How do you learn how to be more present in the moment rather than ruminating over the pitfalls of your past? How do you learn to love yourself, despite all of the experiences that tell you you aren't even worthy of your own respect and appreciation? Using a patchwork of diverse techniques and practices, The Smart Girl's Guide to Self-Care answers these questions through a holistic program of tending to the mind, body and spirit in healthier and more productive ways, serving as the portal to immense healing and enabling you to stage your own recovery and victory in ways you never thought possible.

Come liberarsi da pensieri intossicanti Il libro di facebook Booksprint  
Magic and Initiatory Practices of Ancient Egypt  
A Beginner's Guide  
Dispatches on Influenza, Agribusiness, and the Nature of Science  
Ancient Tools for Shaping the Life and World You Want to Live In  
Man's Eternal Quest  
Make Sense of Your Life Through the Wisdom of the Runes

*Simple Tools to Create True Health, Wealth, Peace, and Joy for Yourself and the Earth*

**In a time when people feel overwhelmed by global problems Sandra Ingerman shares with us spiritual practices we can all engage in that have the power to create positive change. Readers will be guided toward living a conscious life; they will learn how their thoughts and words impact the world they live in and how their core beliefs influence what they believe is possible. They will learn different ways to release and dissolve limiting beliefs and to utilize ancient principles of creation and manifestation to usher in healing the planet. Readers will be encouraged throughout to perceive themselves as members of a growing global community of conscious change agents, because that, Ingerman believes, is how we will survive changing times and how the earth will be healed.**

**Connecting with nature and nature beings to help heal us and the Earth • Provides experiential practices to communicate with nature and access the creative power of the Earth • Shares transformative wisdom teachings from conversations with nature beings, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, exploring the role of each in bringing balance to the planet Nature and the Earth are conscious. They speak to us through our dreams, intuition, and deep longings. By opening our minds, hearts, and senses we can consciously awaken to the magic of the wild, the rhythms of nature, and the profound feminine wisdom of the Earth. We can connect with nature spirits who have deep compassion and love for us, offering their guidance and support as we each make our journey through life. Renowned shamanic teachers Sandra Ingerman and Llyn Roberts explain how anyone can access the spirit of nature whether through animals, plants, trees, or insects, or through other nature beings such as Mist or Sand. They share transformative wisdom teachings from their own conversations with nature spirits, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, revealing powerful lessons about the feminine qualities of nature and about the reader's role in the healing of the Earth. They provide a wealth of experiential practices that allow each of us to connect with the creative power of nature. Full of rich imagery, these approaches can be used in a backyard, in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature beings no matter where you live. By communing and musing with nature, we learn how to speak to the spirit that lives in all things, bringing balance to us and the planet. By tapping into the feminine wisdom of the Earth, we evoke a deep sense of belonging with the natural world and cultivate our inner landscape, planting the seeds for harmony and a natural state of joy.**

**A study in comparative literature, provides some fascinating parallels between the birth stories of Jesus and of Buddha, discusses the nature of the indebtedness of the gospel traditions to Indian religions, and demonstrates that the gospel writers knew Indian religious tradition in the Gnostic context.**

**Sandra Ingerman's deeply moving debut, Soul Retrieval, captivated readers with its introduction of shamanic journeying, an ancient tradition of healing. With the characteristic warmth, passion, and authenticity that have earned her worldwide recognition, Ingerman now continues to share her lifework with Welcome Home, an empowering action plan for creating a more positive future by truly letting go of blame and guilt.**

**Projective Identification and Psychotherapeutic Technique**

**Viaggio per rafforzare la Femminilità e L'Autostima e andare oltre quegli schemi che ci rendono infelici.**

**Il libro di facebook**

**There Is a Cure for Diabetes, Revised Edition**

**The Book of Ceremony**

**Spiritual Ecology**

**Fantasie poetiche**

Excerpts from the Dalai Lama's teachings discuss various aspects of Tibetan Buddhism, including compassion, ecumenical understanding, enlightenment, and world peace

In a book that marks the author's 20th year of uncovering suppressed information, he takes the manipulation of the human race and the nature of reality to new levels of understanding and calls for humanity to rise from its knees and take back the world from the sinister network of families and non-human entities that covertly control us from cradle to grave. Original. The Zen Master Thich Nhat Hanh was asked what we need to do to save our world. "What we most need to do," he replied, "is to hear within us the sound of the earth crying." Our present ecological crisis is the greatest man-made disaster this planet has ever faced—its accelerating climate change, species depletion, pollution and acidification of the oceans. A central but rarely addressed aspect of this crisis is our forgetfulness of the sacred nature of creation, and how this affects our relationship to the environment. There is a pressing need to articulate a spiritual response to this ecological crisis. This is vital and necessary if we are to help bring the world as a living whole back into balance.

In this first volume of the collected talks and essays of Paramahansa Yogananda, readers will journey through some little-known and seldom-explained aspects of meditation, life after death, healing, and the power of the mind.

Mending the Fragmented Self

Il Risveglio del Sacro Femminile Creatore

Guillaume de Palerne

Human Race Get Off Your Knees

Guarigione dell'anima e metamorfosi dell'io

Human Action

Nativity Stories and Indian Traditions

**With warmth and compassion, Sandra Ingerman describes the dramatic results of combining soul retrieval with contemporary psychological concepts in this visionary work that revives the ancient shamanic tradition of soul retrieval for**

healing emotional and physical illness. This revised and updated edition includes a new afterword by the author.

**Sandra Ingerman** We perform ceremonies to mark important events and celebrate holidays—yet our modern approach to ceremony only scratches the surface of its true potential. With *The Book of Ceremony*, shamanic teacher Sandra Ingerman presents a rich and practical resource for creating ceremonies filled with joy, purpose, and magic. “We are hungry to connect with more than what we experience with our ordinary senses in the material world,” writes Sandra. “By performing ceremonies, you will find yourself stepping into a beautiful and creative power you might never have imagined.” Weaving shamanic teachings together with stories, examples, and guiding insights, *The Book of Ceremony* explores:

- The elements of a powerful ceremony—including setting strong intentions, choosing your space, preparing ceremonial items, and dealing gracefully with the unexpected
- Stepping into the sacred—key practices for leaving behind your everyday concerns and creating a space where magic can happen
- Guidance for working alone, in community, and across distances with virtual ceremonies
- Invoking spiritual allies—the power of working with the elements, the natural world, ancestor spirits, and the creative energy of the divine
- Sacred transitions—including ceremonies for weddings, births, rites of passage to adulthood, funerals, honorable closure, and new beginnings
- Ceremonies for energetic balance—healing and blessing, resolving sacred contracts, getting rid of limiting beliefs, creating Prayer Trees, and more
- Life as a ceremony—how to infuse your entire life with ceremonial practice, from planting a garden or to revitalizing your home or office to helping heal our planet

*The Book of Ceremony* is more than a “how-to” guide—it will inspire you to create original ceremonies tailored to your own needs and the needs of your community. When you invoke the sacred power of ceremony, you tap into one of the oldest and most effective tools for transforming both yourself and the world. As Sandra writes, “If you perform one powerful and successful ceremony for yourself, the principle of oneness ensures that all of life heals and evolves.”

From cross-cultural legends recounting shamanic cures to the biblical accounts of the parting of the Red Sea and Jesus multiplying the loaves and fishes, many spiritual traditions are rich in stories about seemingly inexplicable transformations of the natural world. The ancient healing art of transmutation, in which toxic substances are transformed into “safe” substances, is mentioned in all the world’s great spiritual traditions, including Hinduism and Taoism. And while many have tapped this body of work to heal the self, it has yet to be used to heal our environment. For twenty years, Sandra Ingerman has studied alternative ways to reverse environmental pollution. In this book, Ingerman takes us on a remarkable journey through the history of transmutation, teaching us how we can use this forgotten technique to change ourselves and our environment. She provides us with creative visualizations, ceremonies, rituals, and chants derived from ancient healing practices that produce miraculous, scientifically proven results. In one dramatic illustration of what can be accomplished when consciousness and awareness fuel our actions, Ingerman describes her own success in transforming the nature of chemically polluted water.

An experiential guide to the wisdom preserved in Europe’s far north

- Includes shamanic journeys to connect with deities and your ancestral shamans
- Provides step-by-step instructions to prepare for and conduct a seiðr ceremony
- Draws on archaeological evidence and surviving written records from Iceland
- Reveals the long tradition of female shamans in northern European shamanism

Shamanism is humanity’s oldest spiritual tradition. In much of the Western world, the indigenous pre-Christian spiritual practices have been lost. Yet at the northern fringes of Europe, Christianity did not displace the original shamanic practices until the end of the Viking age. Remnants of Norse shamanic spirituality have survived in myths, folk traditions, and written records from Iceland, providing many clues about the ancient European shaman’s world, especially when examined in conjunction with other shamanic cultures in northern Eurasia, such as the Sami and the tribes of Siberia. Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. She explains how to enter Yggdrasil, the World Tree, to travel to other realms and provides shamanic journeys to connect with the ancestral shamans of your family tree, including the Norse goddess Freyja, the very first shaman. She offers exercises to connect with the ancient goddesses of fate, the Norns, and introduces the overnight wilderness quest of útisetá for reconnecting with the powers of nature. She explains the key concepts of Órlög and Wyrð--the two most powerful forces that shape human lives--and provides exercises for letting go of harmful behavior patterns and transforming simple knowledge into profound wisdom by connecting with Óðinn. Thoroughly examining the shamanic rituals of seiðr, the oracular magic of the Nordic cultures, the author provides step-by-step instructions to prepare for and conduct a seiðr ceremony, including creating your own seiðr staff and hood, and explores the ancestral use of shamanic songs or varðlokur to accompany the ceremony. Woven throughout these exercises, Rysdyk provides archaeological evidence from Neolithic sites supporting the long tradition of venerating wise women, grandmothers, and mothers in ancient cultures and the important role of female shamans at the heart of northern European shamanism. Providing an accessible guide for anyone trying to fulfill their shamanic callings, these powerful rituals can provide personal healing and a clear path for finding our way into a harmonious relationship with the natural world.

**Ancient Spiritual Practices of the Northern Tradition**

**The Shaman’s Toolkit**

**Welcome Home**

**Shamanic Journeying**

**Resilient**

**Awakening to the Deep Wisdom of the Earth**

**Illustrated Edition**

An initiatic guide to temple construction on the spiritual and physical planes

- Details the initiations for consecrating as a divine vessel
- Guides you in building a sacred inner temple for connecting with the gods of Egypt
- Delivers shamanic journeys and initiations on ascension, shamanic death and renewal, soul retrieval and healing, multidimensional realities

more Deep within each of us lives a primal memory of a time when the natural world was recognized as divine and temples were built from sacred materials enlivened through magic. Temples were not places you visited once a week were centers of community, divine work, healing, and wisdom, places where Heaven and Earth meet. This union of Heaven and Earth--the sacred temple--is also a union of Thoth and Isis: the Egyptian god of wisdom and the creative cosmic force and the Egyptian goddess of civilizing knowledge. Their relationship established the celestial teachings on Earth, for Thoth taught Isis all the mysteries and magic she knows and Isis acted as Thoth's instrument to deliver the teachings in a way that humanity could use. In this initiatic guide to temple building on the spiritual and physical planes, Normandi Ellis and Michael Scully explain how to create a communal spiritual structure for connecting with the ancient Egyptian pantheon as well as to consecrate yourself and become a vessel suitable for divine wisdom and a home for your personal gods. The authors describe the construction, shamanic visioning, and ritual consecration of a Moon Temple dedicated to Thoth. They explore techniques that help you develop relationships with the Egyptian neteru and realize your place within the family of the Egyptian pantheon. They guide you as you create your inner heart temple, the adytum, a safe place in which to receive guidance and access your higher spiritual bodies and oracular gifts. They provide shamanic journeys and initiations on ascension, survival, death and renewal, soul retrieval and healing, multidimensional realities, and more. By creating a sacred temple within or without, we each can take part in the union of Isis and Thoth and restore the magic of the Egyptian mysteries to our lives. Amongst all Buddhist deities, the most dearly loved is the blissful, beautiful, and often mischievous goddess Tara. A bodhisattva, she defied tradition when she attained omniscience in female form. As mother goddess, she embodies the feminine archetype in us all and shares a close kinship with Demeter, Inanna, and the Virgin Mary. And as deity of tantra in Buddhism, she acts with lightning speed to aid those in distress and fulfill her supplicants' wishes. For centuries, Tara has inspired some of the most marvelous Buddhist literature ever written. This collection includes a history of the origins of Tara Tantra, canonical and practice texts, and lyrical praises.

These days it's hard to count on the world outside. So it's vital to grow strengths inside like grit, gratitude, and compassion—the key to resilience, and to lasting well-being in a changing world. True resilience is much more than enduring terrible conditions. We need resilience every day to raise a family, work at a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going. With his trademark blend of neuroscience, mindfulness, and positive psychology, New York Times bestselling author Dr. Rick Hanson shows you how to develop powerful vital inner strengths hardwired into your own nervous system. Then no matter what life throws at you, you'll be able to feel less stressed, pursue opportunities with confidence, and stay calm and centered in the face of adversity. This practical book is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. It includes effective ways to interact with others and to repair and deepen important relationships. Warm, encouraging, and down-to-earth, Dr. Hanson's step-by-step approach is grounded in the science of positive neuroplasticity. He explains how to overcome the brain's negativity bias, release painful thoughts and feelings, and replace them with self-compassion, self-worth, joy, and inner strength. The landmark bestseller that changed the way we think about love: "Every line is packed with common sense, compassion, and realism" (Fortune). The Art of Loving is a rich and detailed guide to love—an achievement reached through mature love practice, concentration, and courage. In the decades since the book's release, its words and lessons continue to resonate. Erich Fromm, a celebrated psychoanalyst and social psychologist, clearly and sincerely encourages the development of our capacity for and understanding of love in all of its facets. He discusses the familiar yet misunderstood romantic love, encompassing brotherly love, spiritual love, and many more. A challenge to traditional Western notions of love, The Art of Loving is a modern classic about taking care of ourselves through relationships with others by the New York Times bestselling author of To Have or To Be? and Escape from Freedom. This ebook features an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author's estate.

Ocean of Wisdom

The Everyday Empowerment of a Shamanic Life

Sciamanesimo e guarigione

Medicine for the Earth

How to Transform Personal and Environmental Toxins

Tre Dissertazioni. [Edited by D. M. Toderini.]

Quiete e visione profonda

Explains the patient's identification in treatment with a significant other for purposes of mastering traumatic experiences. "This book is a clear, constructive, and instructive treatment of an important observation. It is also an example of clinical sophistication of the very highest order." –Jeffrey J. Andresen "A major strength of this book is that it addresses the difficult situations that arise in treatment when projection is at play. The difficult feelings aroused in the projective introjective interplay are explored and the therapist is cautioned repeatedly against using untimely interpretations rather than therapeutic containment and holding feelings 'in reverie.' The patient needs the space to grow and Ogden is quite sensitive to this process." –Janet Schumacher Finell A Jason Aronson Book

Written to provide hope, serious results, and life-long success to diabetes sufferers, this updated edition offers insight into anti-aging, holistic health, how to revitalize your diet, and more Dr. Gabriel Cousens offers an innovative approach to the prevention and healing of what he calls chronic diabetes degenerative syndrome. A leading medical authority in the world of live-food nutrition, Dr. Cousens exposes the dangers of excess glucose and fructose as the key causes of this seemingly unstoppable epidemic that affects more than 25 million Americans and 347 million people worldwide. Cousens, whose Diabetes Recovery Program is the most successful anti-diabetes program in the world, presents a 3-week plan that focuses on a moderate-low complex carbohydrate, live food, plant-source-only diet that reverses diabetes to a physiology of health and well-being by

resetting the genetic expression of a person's DNA. The program renders insulin and related medicines unnecessary within 4 days as the blood sugar drops to normal levels, and the diabetic shifts into a nondiabetic physiology within 2 weeks. Substantially revised throughout, this practical and encouraging guide reveals the risks of low cholesterol and low omega-3s in one's diet and includes more than 140 delicious and healthy recipes. The book represents a major breakthrough in understanding the synergy that helps cure diabetes.

A shaman can serve as a healer, storyteller, and a keeper of wisdom—but most of all, teaches Sandra Ingerman, “Shamans radiate a light that uplifts everybody. In our culture, we tend to focus on methods and forget that the greatest way we can offer healing to the world is to become a vessel of love.” With *Walking in Light*, this renowned teacher offers a complete guide for living in a shamanic way—empowered by purpose, focus, and a deep connection to the spiritual dimensions. “Shamanism remains so relevant because it continues to evolve to meet the needs of the times and culture,” teaches Sandra. Here you are invited to participate in the modern evolution of this ancient and powerful form of spirituality, featuring:

- Foundational practices—lucid instruction on the shamanic journey, ceremonies, and other techniques for accessing the hidden realms of spirit
- Compassionate spirits, allies, and ancestors—how to contact and build a relationship with your power animals and spiritual helpers
- Healing from a shamanic perspective—practices that can integrate with and enhance any healing modality
- Guidance for deepening your connection with the environment and the rhythms of the natural world
- Ways to cultivate a rich inner landscape that empowers your intentions and actions in every aspect of your life, and much more

*Walking in Light* is a comprehensive resource filled with practical techniques, indigenous wisdom, and invaluable guidance for both new and experienced shamanic practitioners. Most importantly, Sandra Ingerman illuminates the meaning behind the practices—revealing our universe as a place where spirit is the ultimate reality, where our intentions shape our world, and where unseen allies support us on every step of our journey. *Rune Power* helps us understand the purpose and nature of the runes-angular patterns that could be found written on smooth surfaces, carved in wood, or engraved in stone-and to ultimately gain a greater understanding of our relationship to nature and the Earth.

*The Cry of the Earth*

*The Norse Shaman*

*The Evolution of a Cro-Magnon*

*Following Your Soul's Journey Home*

*A Fall to Grace*

*Simple Tools for Personal Transformation*

*The Art of Loving*

**An teaching story that follows the shapeshifting journey of C. Alexandra as she is catapulted into another world as the result of a stress-related illness. In her travels she meets shamanistic teachers in both animal and human form who help her remember who she truly is and how to bring harmony, balance, and meaning back into her life. She retrieves her own soul from the Land of the Dead, learns how to live in harmony with nature, explores the meaning of fear and separation, and falls in love with a man, thus beginning her adventure with true love.**

**Shamanism is the oldest living path of spirituality and healing, dating back tens of thousands of years, yet many people don't know what it is or are confused about the practice. In *The Hollow Bone*, shaman, teacher, and author Colleen Deatsman unveils the mysterious world of Shamanism as it is still practiced today all around the world. Deatsman explains that shamanism is not a religion with a doctrine, dogma, or holy book. Rather, it is a spirituality rooted in the idea that all matter has consciousness and that accessing the spirit in all things is part of what keeps the world in balance and individuals healed and whole. *The Hollow Bone* examines shamanism's history, its core beliefs, and how it is practiced all around the world. It includes a glossary of terms, resources for finding and working with shamanic teachers, and over two dozen rare photographs and illustrations showing the magnificent range of shamanic tools, rituals, practitioners, and traditions. This comprehensive introduction answers many frequently asked questions such as: What is shamanism? Where is it practiced? What are the beliefs and understandings inherent to shamanism? Who are the shamans? What do shamans do? Can anyone train to be a shaman? Where can I learn more?**

**Shamanic journeying is the inner art of traveling to the invisible worlds beyond ordinary reality to retrieve information for change in every area of our lives from spirituality and health to work and relationships. With *Shamanic Journeying*, readers join world-renowned teacher Sandra Ingerman to learn the core teachings of this ancient practice and apply these skills in their own journey. Includes drumming for three shamanic journeys.**

**Sciamanesimo e guarigione è un testo ricco di spunti di riflessione, uno strumento utile non solo agli studiosi e ai praticanti di sciamanesimo, ma anche a coloro che desiderano integrare nella loro vita queste pratiche millenarie. Chiunque sia in generale interessato alla psicologia, alla spiritualità e alla crescita personale troverà illuminante la sua lettura. Attingendo tanto alle sue esperienze personali quanto alle testimonianze di numerosi praticanti contemporanei, in questo suo libro sulla guarigione sciamanica, Luciano Silva ci accompagna in un affascinante e coinvolgente viaggio alla scoperta di dimensioni della coscienza di solito ignorate e trascurate. In tutte le forme di sciamanesimo l'uomo è sempre stato concepito come un microcosmo olistico in cui corpo, anima e spirito sono realtà inscindibili ed interrelate. Se vogliamo realmente risanare le nostre e le altrui ferite, dobbiamo espandere il concetto che abbiamo di noi stessi, tutto centrato su di un "io" che si sente separato ed isolato, fino ad abbracciare la confortante inclusività del "noi". Dobbiamo riconoscere che siamo esseri non solo fisici, ma anche spirituali, che viviamo in un mondo fatto di relazioni. È a questa totalità e a queste relazioni che gli sciamani da millenni guardano quando osservano un essere umano: noi e la Natura circostante, noi e gli altri, noi e il mondo spirituale, noi come custodi, e non come semplici utilizzatori, della meraviglia che ci circonda.**

**L'insegnamento del Buddha**

**How to Heal Toxic Thoughts**

**Shamanic Wisdom for Invoking the Sacred in Everyday Life**

**The Lion Sleeps No More**

**How to Thrive in Changing Times**

**Big Farms Make Big Flu**

**The 21-Day+ Holistic Recovery Program**

"... Cominciai a seguire l'insegnamento del Buddha dal momento in cui capii che il vero e proprio non è una religione - una fede in una Divinità e in una relazione con Essa, comunque articolata -, ma un umanesimo e, più concretamente, un sistema etico-psicologico che propone metodi pratici per raggiungere, qui e ora, la piena realizzazione delle proprie potenzialità benefiche. In Occidente, l'insegnamento del Buddha è stato più volte 'interpretato' in senso più o meno teistico: il Buddha come Dio o come sua rappresentazione/manifestazione. Ma quando mi resi conto che il Buddha (il Risvegliato) non pretendeva essere un Dio o un profeta, bensì esempio supremo di ciò che l'essere umano può diventare, mi dissi: "Questo sì che ha un senso: il Risvegliato insegna agli altri, come risvegliarsi". Questo testo vuole contribuire alla comprensione della natura pratica e concreta dell'insegnamento del Buddha, il cui cuore è l'esercizio meditativo. Vi sono delineate le sue caratteristiche essenziali, per offrire al lettore non specializzato un'introduzione generale, che possa incoraggiare a farne esperienza. "Nel 1972 in Sri Lanka (...) ebbi la fortuna di leggere le parole del Buddha: la spiegazione di quello che lui stesso aveva sperimentato, e di come anche altri possano arrivare alla stessa esperienza. E così scoprii la straordinaria semplicità e la profonda concretezza del sentiero di quiete e visione profonda, da lui indicato. Mi dedicai, quindi, allo studio dell'antica lingua pali e dei testi. Nel 1974 feci un corso di meditazione Vipassana con il maestro indo-birmano S.N. Goenka; questa pratica dell'insegnamento del Buddha mi convinse ad accettare la sua validità, come guida di vita, e ad impegnarmi da allora al continuativo esercizio meditativo di Vipassana. Ben sapendo che è una strada lunga, a ogni passo mi appare giusta e benefica."

Human Action: A Treatise on Economics is a work by the Austrian economist and philosopher Ludwig von Mises. Widely considered Mises' magnum opus, it presents the case for laissez-faire capitalism based on praxeology, or rational investigation of human decision-making. It rejects positivism within economics. It defends an a priori epistemology and underpins praxeology with a foundation of methodological individualism and speculative laws of apodictic certainty. Mises argues that the free-market economy not only outdistances any government-planned system, but ultimately serves as the foundation of civilization itself.

Questo manoscritto nasce con l'idea di raccogliere riflessioni, consigli nonché aforismi e frasi celebri di noti scrittori, poeti e di gente comune che come me scrive sul social network più cliccato al mondo, facebook. "Il libro di facebook" contiene anche storie divertenti e con una morale, offrendo al lettore una visione più ampia e ricca di quello che riguarda la quotidianità, dando la possibilità di aprire gli occhi di fronte a certe situazioni e renderci consapevoli del significato della nostra vita e delle sue sfaccettature. Non ci farà diventare "grandi" o sapienti, ma tra le righe forse troveremo interessanti e proficue le esperienze di tanti che hanno gioito, amato, sofferto e spesso anche sbagliato, ma che proprio per questo consigliano: "leggi e rifletti". Non smetterò mai di ripeterlo e dividerlo: "il punto non è quanto sei grande... ma quanto vuoi crescere."

Thanks to breakthroughs in production and food science, agribusiness has been able to devise new ways to grow more food and get it more places more quickly. There is no shortage of news items on hundreds of thousands of hybrid poultry - each animal genetically identical to the next - packed together in megabarns, grown out in a matter of months, then slaughtered, processed and shipped to the other side of the globe. Less well known are the deadly pathogens mutating in, and emerging out of, these specialized agro-environments. In fact, many of the most dangerous new diseases in humans can be traced back to such food systems, among them Campylobacter, Nipah virus, Q fever, hepatitis E, and a variety of novel influenza variants. Agribusiness has known for decades that packing thousands of birds or livestock together results in a monoculture that selects for such disease. But market economics doesn't punish the companies for growing Big Flu - it punishes animals, the environment, consumers, and contract farmers. Alongside growing profits, diseases are permitted to emerge, evolve, and spread with little check. "That is," writes evolutionary biologist Rob Wallace, "it pays to produce a pathogen that could kill a billion people." In Big Farms Make Big Flu, a collection of dispatches by turns harrowing and thought-provoking, Wallace tracks the ways influenza and other pathogens emerge from an agriculture controlled by multinational corporations. Wallace details, with a precise and radical wit, the latest in the science of agricultural epidemiology, while at the same time juxtaposing ghastly phenomena such as attempts at producing featherless chickens, microbial time travel, and neoliberal Ebola. Wallace also offers sensible alternatives to lethal agribusiness. Some, such as farming cooperatives, integrated pathogen management, and mixed crop-livestock systems, are already in practice off the agribusiness grid. While many books cover facets of food or outbreaks, Wallace's collection appears the first to explore infectious disease, agriculture, economics and the nature of science together. Big Farms Make Big Flu integrates the political economies of disease and science to derive a new understanding of the evolution of infections. Highly capitalized agriculture may be farming pathogens as much as chickens or corn.

The Smart Girl's Guide to Self-Care

Walking in Light

Revue d'anthropologie

Come liberarsi da pensieri intossicanti

The Union of Isis and Thoth

Songs to the Saviouress

The Four Noble Truths

We may not realize it consciously, but negative feelings can be as toxic as physical poisons, wearing on us and causing depression, illness, and burnout. But how can we keep ourselves safe in a world too often ruled by resentment, jealousy, rage, and stress? How to Heal Toxic Thoughts provides the cure, and it lies in the ancient principle of alchemy. Many people think that the old alchemists were trying to turn lead into gold. But in actuality, as Sandra Ingerman--a practicing shaman and psychologist--reveals, they were metaphorically working on transforming heavy leaded consciousness into gold light consciousness. Using their theories, Ingerman offers strategies for processing the harmful thoughts and emotions that hit us throughout our day. Instead of sending and receiving lethal energy, you will learn, through meditations, visualizations, and other exercises, how to radiate positive thoughts and shield yourself from those that are destructive. Her methods are simple but they can change you, others, and the world.

A Field Guide to Shamanism

Second Edition

The Hollow Bone

Speaking with Nature

Rune Power

Vipassana Meditation as Taught by S.N. Goenka