

Healing The Whole Man Handbook Effective Prayers For Body Soul And Spirit

You've prayed for deliverance—you've forgiven those who have hurt or abused you—and yet you're still nursing the painful wounds of your past. Does this describe your experience? Many Christians have suffered unspeakable trauma and wonder why they aren't experiencing the freedom God has promised. The reason is that trauma goes deeper than the mind. It infiltrates the body at the cellular level, and only a deliverance that deals with the whole man—soul, spirit, and body—will treat the trauma and set you free—completely free. Speaking as one who has received miraculous healing herself and also ministered it to others, Christian author and healing expert Joan Hunter demonstrates how to find true freedom through such methods as... Cursing cellular memory of rape and other forms of sexual abuse Escaping the stress that wears you down Renewing your mind with the mind of Christ Forgiving those who have harmed you Learning to love yourself Accepting the unconditional love of your heavenly Father As you break free from the bondage of trauma and pain, you will walk in deliverance and discover your true identity as a beloved child of God. You can be healed and whole! Start the recovery process today.

This is a book of rhyming style poetry, easy to read and easy to understand. It is poetry that grasps your inner feelings and allows you to feel and see things from another perspective. In doing this, it can help people to fix things in their life and to maybe heal themselves from old feelings.

There are many of us engage in everyday without even thinking about what we are doing. We drum our fingers on a desk or table while we wait for something to happen. We tap our forehead while we are figuring out a problem. We stroke our chin or rub our head as we contemplate the issues of the day. Each of these acts is our body's clumsy way of attending to a need for peace or resolution. Tapping prayer is a spiritual practice that intentionally focuses our attention on the rhythmic movement of our finger tips. It directs the energy of God's healing onto specific points on our body that through the practice of acupuncture and reiki, have shown to be the most exciting addition to our spiritual tool belt in 25 years of ministry. It's fun and effective and easy to administer alone, one on one, or in a group. It is very flexible...and did I mention, effective? Tapping prayer is effective in bringing individuals into a one relationship with God that creates peace, healing, and a desire to share those gifts with other individuals, communities, and Creation. Tapping prayer is an integration of sacred wisdom from the East and West. It is a spiritual practice that blends a knowledge of the Spirit's movement through our body with an understanding of meridian tapping based on the Emotional Freedom Technique created by Gary Craig. Tapping prayer brings balance and peace to individuals who are experiencing spiritual distress. By gently tapping on identified points of entry for the Holy which correspond to meridian end points in acupuncture, while praying for God to attend to a particular pain, we focus God's intention to heal and in most cases actually experience a peace which is not of our own doing. By acknowledging pain instead of wishing for relief, we recognize God's interest to heal us and indeed, God heals us. This technique can be used for individuals who are seeking peace from a wide variety of issues ranging from: trauma such as a car accident, an abusive parent, a friend killed in battle, a sudden illness, a job loss, a fire, a damaged relationship. Tapping prayer can also facilitate forgiveness and/or letting go. Tapping prayer is effective in praying for others (surrogate prayer tapping focused on an individual who is not present to the prayer tapping), for events (9/11, Sandy Hook, a company leaving a community), or Creation (an oil spill, deforestation, strip mining). Wherever there is a disruption to the peaceful flow of the Holy Spirit, tapping prayer can be applied. When I first learned about the Emotional Freedom Technique as a tool to help veterans in our community, I thought it was weird. The tapping. The repetition. It seemed...odd. This was not how I understood healing from trauma to work, and yet it worked. Clearly, my Western roots were showing. When I got home from the training I began using the technique with members of my community and saw such dramatic results I had to learn more. They also found it strange, but effective. Some folks were uncomfortable with the language of "energies" and "chi," so I experimented a bit and added more traditional faith language to the mix. I dug deeply into my own faith traditions and discovered a theology of healing that accompanied tapping prayer. I found that by invoking God's presence into the act of tapping, people from varying faith experiences were able to connect to the Holy on a deeper level. They began to experience God as very real and very present in their lives. They asked to learn more about this new way of praying. They discovered that by using tapping prayer on a wide variety of issues, their relationship with God grew deeper. If you are ready to draw closer to God's healing love for you, please take responsibility for your participation in tapping prayer, and let's pray! --Todd Farnsworth

"Joan Hunter describes the path to holistic health and teaches that God can use anyone to supernaturally heal others"--Provided by publisher.

From the Companion Series

Dolphin Wisdom for a New World

Lord Deliver Me from Negative Health Talk

Becoming the Answer to Your Own Prayer

Disguised Blessings

An Anthology for Men Ending Sexism

Field Guide to the Wild World of Religion

Hold On to Your BlessingWith every gift you "receive" from God, there is the responsibility to "maintain" it, or else you risk losing the blessing of that gift. While many Christians understand this concept as it relates to the area of physical healing, it applies to so many other areas of our lives, as well. Gifts may come in the form of respect, honor, favor, and opportunities, as well as compassion, love, forgiveness, recognition, and instruction. And what we do with the gifts we receive from God can affect the trajectory of our lives. Author and teacher Joan Hunter will lead you on a journey of revelation as you... Learn the difference between taking and receiving Build your confidence in God's miraculous provision Understand how to position yourself to receive God's gifts Become aware of hindrances to receiving

Discover the secrets to keeping the blessings you receive Learning to maintain the miracles you receive will affect every area of your life. You will change the way you think, you will see with renewed vision, and you will live with the heartbeat of God.

How we become the cause of illness are generally a mystery to most people. Researchers now tell us that 70% to 80% of all illnesses seen by medical doctors are either caused by or made worse by stress. The full story of those Stress-Related Disorders, illnesses produced by stress, are now examines and illuminated by Dr's Allen and Lisa Robyn Lawrence. You must read this book if you, or someone you know:

Experiences symptoms which you believe indicate that you are becoming ill and want to stop the illness process. Are already ill and are not getting the results you want from your doctor. Are well and want to either prevent becoming ill in the future or learn how you can prevent illness before it can set in. Are already ill and want to learn to work with your body's natural healing ability without expensive, painful or dangerous medical treatments. The Dr's Lawrence take you on step-by-step journey illustrating the role you mind, your body and your spirit play in creating and healing illness. When Your Body Talks, Listen! Will teach you how to protect yourself from Stress-Related Disorders, and the detrimental short and long-term effects from them.

Have you struggled with the promises of healing in the Holy Bible, not understanding why you could not make them yours? Have you, like me, tried reading, listening, confessing, and everything else you can think of, only to fall back into sickness again? Would you like to learn the truth about Biblical healing, once and for all, in a way that is understandable and easy to apply to your own life? Walk with me through my healing journeys and learn what God taught me about healing as I struggled to understand, and came out healed from every effect of a hemorrhagic stroke that nearly killed me. * Learn the steps to healing, and why they MUST be done in order * Learn why you confess over and over that you are healed and you still do not see the manifestation

With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

Handbook for Healing

God in Stereo

Overcoming Betrayal in Your Life

Restore Your Heart and Regain Your Health

My Road to Recovery

2011 Edition

Effective Prayers for Body, Soul and Spirit

GOD HAS GIVEN YOU POWER AND AUTHORITY to impact your world for generations. It is quite simply a matter of the body of Christ -you and I- learning to walk in this tremendous call. In this amazingly fundamental, yet profound book, Pastor P.J. Anastasi will help you to see the BIG PICTURE beyond just having your needs met. Insurgent will captivate your imagination to start a spiritual revolution in the earth! At the writing of this book, we find our nation is at a crossroads. We have experienced one of the most controversial Presidential elections in our history. The LGBTQ movement is at its peak and the war on terror has only increased as terrorist attacks on American soil have become more common. Yet God is raising up the church for a time such as this! WHAT YOU POSSESS IN YOUR HANDS IS MORE THAN A BOOK. IT'S A TRAINING MANUAL ON HOW TO DEFEAT THE GOLIATHS OF OUR GENERATION and release the supernatural power of god in the earth realm.

On The Road To Healing is a pro-feminist anthology for men against sexism. Originally published as a series of zines between 1995 and 2004, the works inside have served as a resource and as a challenge to all men who want a world that is free from oppression and war. Contributors include Sam Pullen, Donald Cavanaugh, Jeff Ott, Tony Switzer, Loolwa Khazoom, Chris Dixon, Owo-Li Driskill, Ahimsa Timitoe Bodhran, Cameron Bustanante, Todd Denny, Basil Shadid, Billie rain, Chris Crass and Michael Flood.

Never feel helpless again! A loved one is sick, your friend was just in an accident, a family member is facing an emotional crisis.... Have you ever desperately longed to reach out your hand and bring healing to these needs? At times, our hearts ache with the desire to help, but either we don't know how, or we are afraid and stop short. The truth is, the Holy Spirit within you is ready to heal the sick! Charles and Frances Hunter present solid, biblically based methods of healing that can bring not only physical health but also spiritual health and abundant life to you, your family, and everyone around you.

Is it possible to experience joy made full? This story is one of heroic recovery. Darcy's sights are firmly set on winning The National Oldtime Fiddle Contest in Weiser, Idaho. She barely gains traction with her quest when tragedy strikes.

Insurgent

The Whole Man

Strings of Faith

Healing After Loss

With Morning Came Healing: A Story of Persevering in Hope

Miracles for Veterans

How to Receive and Keep God's Blessings

Shame is the motivator behind many toxic behaviors like compulsion, codependency, addiction, and drive to superachieve. This title identifies personal shame, explains the underlying reasons, and addresses root causes.

Please place the bar code on the back of the book in the left hand lower corner.

What do you really believe about God? Do you believe He is distant, detached and uncaring or do you believe He is good, kind and near? You are in a spiritual war and what you believe about God will ultimately determine the way you live. Thankfully, you have been given some weapons to help you win this war. Using those weapons, however, will mean changing the way you think and learning how to pray the way Jesus did. Are you ready to engage in the fight? Discover the forgotten prayer tools of Adoration and Proclamation prayer and find in them the power to move mountains and change your future. You Shall Know the Truth - The Power of Adoration and Proclamation Prayer is consistently referred to by readers a "life-changing book". The book dives deep into the theology behind effective prayer and develops practical tools that help you discover why Adoration and Proclamation prayer is so powerful. You will be encouraged, equipped and challenged as you read this paradigm shifting book.

Annie has many unanswered questions! Will she find her one and true love or will she be destined to stay single all her life and do a work for God?

Affirmative Prayer

How to Heal the Sick

Severing Your Painful Past

Prayers by a Prisoner

The Book on Internal STRESS Release

A Users Guide to Tapping Prayer

Get Powerful Health and Nutritional Secrets

Properly, while I endeavor to expound the principles of Christian social justice, I shall also endeavor to show you how these principles can be applied. And just as properly, it will be my hope to bestir you to action-Christian action, American action-for faith without good works is dead. Thus, at the outset, while I am deeply grateful to everyone of you for, the heroic sacrifices you have made, and will make, to keep me on the air over this independent chain of radio stations, may I ask you for one more favor today-the favor of a prayer to the Holy Ghost. I beseech all of you to ask the spirit of understanding to fill me with prudence; and the spirit of fortitude to give me strength and courage to carry on the battle against the hidden powers of darkness-perhaps not quite so hidden today as yesterday. May I also suggest that you ask your little children who are ignorant of the causes of poverty, wretchedness and exploitation-may I suggest that you ask these innocent children to whisper a prayer for one who fully recognizes how unworthy he is but who fully realizes what a golden opportunity God has given to him to be an instrument for good. You are anxious to know what topics I shall discuss during the ensuing year. Roundly speaking, it is my hope that these addresses will be concerned chiefly with Christian social justice. While my ultimate objective is to help more and more men to save their immortal souls, I recognize how difficult it is for man to practice Christian virtue, to live a holy life in peace and contentment, when he and a great group of his fellowmen are denied unjustly an equitable share in the goods and wealth of this world-goods and wealth which our common Father in heaven bestowed upon all men for all men to use and enjoy-goods and wealth, which, alas, have been concentrated in the hands of a few to the detriment of the many because an un-Christian species of social injustice was foisted upon us in the past few centuries and because, as a result of this, an alien philosophy of social injustice, under the name either of Communism or Nazlism, is endeavoring to win our allegiance today. Fearlessly, Christian social justice challenges these several systems for the attention and the support, in this instance, of the American public-a public composed of persons who, despite their many faults and shortcomings, will never surrender the heritage of Bethlehem, of Pilate's hall, of Calvary Hill or of the Easter morning sepulchre from whose empty depths there echo and re-echo the immortal words, HI am the Resurrection and the Life." Fortified with these precious heritages it is our hope to carry on a campaign of instruction and inspiration even though we find ourselves opposed by the rugged individualists on the right and by the unchristly radicals on the left. It is our hope to convert a zealous band of followers into a group of active Christians-. Christians who, by the sincerity of their lives and the logic of their doctrines shall win millions of followers who are convinced that there is no way other than Christ's way for saving America and restoring prosperity and peace for all. My friends, at the outset, permit me to clarify the fundamental doctrine of Christian social justice-the doctrine that differentiates it from every other plan of life proposed for man to follow. It is this: Christ came on earth not only to redeem and save individuals but also to establish an absolutely new social order. Recognizing the chaotic condition of society in His own time; aware of the universal slavery practiced virtually by every nation; and conscious of the spiritual darkness which had encompassed every kingdom, empire, republic and tribe, our Saviour well understood that man, left to his natural abilities, was unable to acquire peace and prosperity in this world and save his immortal soul in the hereafter.

As disappointing and difficult as your incarceration may be, there is always hope and a spiritual solution. In your desperation, take time to be still, put your anxieties to rest and draw close to God. He is very near and will meet you at your point of need. This book will help you discover that the God of all comfort is near to the brokenhearted and discouraged. God will turn your despair into hope, your darkness into light, and your doubts into faith.What other prisoners have written about Prayers by a Prisoner:"Price puts our deepest questions about walking with God through this darkness into perspective. Every prisoner must read this book." Jason Chapman, federal prisoner"I've been arrested forty nine times and have read many books in jail and prison. I've read this book three times already, and I feel like I need to read it again. This book on prayer helped me understand that God loves me no matter what I've done." Terry Buck, federal prisoner"After struggling with years of depression, bad decisions and lots of prison time, chapter twelve has changed my entire thought process. If you read nothing else, read chapter twelve. Chapters fourteen and fifteen are very powerful too!" David McMut"After over thirty arrests and being in and out of jail six I was thirteen, this book helped me finally understand why I am making so many impulsive and irrational decisions. I did not understand that God loved me this way. My life is now being transformed." Johnny Hill, federal prisonerFrom the Introduction:I want to explain that I am a fellow struggler in Christ. I am not infallible, and thankfully, I have abandoned the God complex. My flaws and mistakes are obvious, and I say along with the apostle Paul that I am the chief of all sinners. This book is not about any extra ordinary knowledge or insight that I have attained. It is simply about the practices and habits that God has led me to develop to make the most of my time in prison and the remainder of my life. I am a learner, an avid reader, and a lifelong student of contemplative prayer. I am always asking God to make the necessary changes that He knows I need to implement in order for me to conform to the image of Christ.Just because I am a Christian does not mean I am without troubles, pain and suffering. We all know the affliction and darkness we experience in prison. We have been through the inhumane, harsh and brutal process of eternal condemnation. We are alienated, isolated and despised by society. Our names have become a reproach. The odds of any kind of comeback are stacked against us. The world looks upon us as pariah and with contempt. Many of us are rejected and forsaken, and we wrestle with feelings of deep loneliness, abandonment and overwhelming regret. We wonder if there is any hope.The good news is that Jesus repeatedly gave dignity back to the despised. Others may look at us with scorn, but Jesus makes us human again. Here is the bottom line: God knows every thought we have ever had, every step we've ever taken, and every word we've ever spoken. He knows the intentions of our hearts. He knows all the things we've seen and done that make us want to run, hide, and even die. And yet, He still loves us. Jesus is a friend and lover of sinners like you and me, and there is nothing we can do to make Him stop loving us. He meets us where we are. He disciplines and corrects us when necessary. He forgives our past. He overwhelms us with His love, and He gives us an eternal home in Heaven. Nothing can separate us from His infinite love. Because of this, we can say along with the Psalmist, "I will not die, but live, and tell of the works of the Lord. The Lord has dicdiciplined me severely, but He has not given me over to death (Psalm 118:17-19)."Included as a supplement is a five chapter preview of my memoir, Hope Is Not My Enemy, which details my life story and the failure of my securities business and MBT Bank.

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

Experience God's Miracles Why am I (or my loved ones) still sick and suffering when God says He wants us to have good health? You can walk in divine health and healing. The secrets to God's words for healing and recovery are in this comprehensive, easy-to-follow guidebook containing powerful healing prayers that cover everything from abuse to yeast infections and everything in between. Truly anointed with the gifts of healing, Joan Hunter has over thirty years of experience praying for the sick and brokenhearted and seeing them healed and set free. This book will show you how to: Understand the causes of sickness and disease Recognize symptoms and the right procedure for healing Administer healing prayers effectively Identify God's call on your life By following these step-by-step instructions and claiming God's promises, you can be healed, set free, and made totally whole-body, soul, and spirit!

Christ, the Healer

Healing the Shame that Binds You

Healing the Heart

Effective Prayers for Body, Soul, and Spirit

Healing the Whole Man Handbook

Love and Grace

Daily Meditations For Working Through Grief

Affirmative Prayer: Becoming Your Own Answered Prayer is a step-by-step instructional book on the practice of Affirmative Prayer. Rev. Bonnie walks the reader through the five steps of moving from a prayer request to becoming the prayer answered. This powerful prayer technology is known to heal, prosper, and connect individuals to their Inner God.

Everyone gets their feelings hurt in life. As these wounds heal, they become scars that affect our current relationships. Arise, suffering from a wounded heart. Feel a sense of separation from people, but the separation it creates from our heavenly Father is far worse for our mind, body and soul. "Broken Heart Syndrome" is a recognized medical condition. Tests show that the pain caused by relational stress or trauma releases stress hormones to circulate through the body. This causes the inner layers of the heart to shred, damaging the cardiac muscle and its capacity to pump blood throughout the body. The chest pain this can cause resembles a serious heart attack. Stents or angioplasty can treat blocked vessels, but modern medicine still has no quick fix for a broken heart. Joan Hunter reveals how to heal your heart from past hurts. To do this, you must be set free from the trauma of past relationships that prevent you from giving of yourself to those most important to you today. In doing so, you will also restore your most important relationship—the one with your heavenly Father.

Can God really use me? Amazement! That is the reaction of many who have experienced the power of God while praying for healing for the sick. Charles and Frances Hunter discovered the keys to healing found in the Bible and through the innovations of medical science. You will find that God can use you to bring healing and help to family, friends, and literally everyone you come in contact with. No longer will you have to stand by, helpless, when people are hurting.

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A Pathway to Healing for Veterans and Their Families

"Lists a variety of diseases and medical conditions with instructions on how to pray specifically for each one and also gives general tips for healing ministry"--Provided by publisher.

One day when Jesus was teaching, "the power of the Lord was present for Him to heal the sick" (Luke 5:17). His same power is present in every believer today. Drawing from her experience as a worldwide healing ministry, Joan Hunter desires to help equip the church to receive and to minister God's miraculous healing in the four corners of the world. Many believers want to understand: How can I receive and retain healing? Why would God use me? What's the best way to approach someone who needs healing? How can I effectively pray for healing? The answers to these and other questions—plus practical guidance and examples—are designed to help believers fulfill the Great Commission: "Go into all the world, and preach the gospel to every creature... lay hands on the sick, and they shall recover..."(Mark 16:15, 18b).

This book is a detailed depiction of the "cuts" that people incur or will incur over the course of their lives, and how those "cuts" subsequently shape their lives. (Cuts are hurts, experiences, tragedies, and/or various pains incurred). Unfortunately, people will inevitably incur hurts and pains in life, which most are beyond their own control. One simply cannot control what happens to them at the hands of another. People hurt other people. It's not so much the hurt that causes the problem, but more so the effects of the hurt. Oftentimes, people ignore the hurt. They try to live their lives as if the hurt never occurred. Many are oblivious to their deep hurt because they've mastered the art of disguising the pain. The problem ensues when the severely wounded people interact with others, then they subsequently inflict others with the residual hurt that they've been harboring. Because of this, many fail to realize that they've been "cut" and are in need of healing. The purpose of this book is to aid in identifying and healing cuts from one's life (including their past, present, or possibly their future), as these cuts will affect one's life in some regard. Oftentimes, people need healing to recover from some trauma or tragedy that they've endured, yet they're too afraid to ask for help. Many internalize their feelings, never properly articulating their mental anguish, ultimately forsaking the need and opportunity to heal. It's the lack of healing that causes people to hurt others or live unhappy lives. This book was written to aid people with identifying their hurt, their need for healing, and ultimately helping them to heal and subsequently live their best lives.

The American religious scene in 1955 was a very tame and predictable world. It matched the tame, predictable world of women's clothing, where most women going out shopping wore a dress with coordinating gloves, hat, and shoes. And it matched the tame, predictable world of children's toys, where almost every young girl yearned for a baby doll that said Ma-Ma, and almost every boy needed a coonskin cap. Choices of fashions, toys, preachers, and churches were limited and domesticated. Fifty years later, the tame, predictable world of 1950s fashions and toys is long gone. Women go shopping in everything from sweatshirts and jeans to tube tops and short shorts. And both boys and girls want the latest Sponge Bob Square Pants video game. The same kind of transformation has gone on in the world of religion. It is no longer tame and predictable either. Welcome to the Wild World of Religion of the 21st Century. Explore its habitats, identify some of the inhabitants, and learn about their characteristics and customs in this Field Guide.

One Womans Inspiring Story of Transformation in a Model for Reclaiming YOUR Life

Poetic Healing

Experiencing the Miraculous

Miracle Maintenance

For Peace, Healing and Hope

Unleash Your Feelings

Power to Heal

The book takes the reader on a seven year journey of undefeatable hope as the author experiences a series of traumatic events, leading her into a downward spiral of physical pain and disability. With no real help from the medical community, Bebe's faith in God and the truth of His word sustain her and lead her to an amazing conclusion. Be captivated by this story of miraculous healing along with God's faithfulness and provision during the long storm. Share in the marvelous truths of His healing for our whole being, body, soul, mind, and spirit. Learn principles and practical application of life lessons as the author takes you further to discover complete dependence on a loving, personal Almighty God.

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Military veterans experience stress and trauma that civilians cannot even begin to imagine. No matter what branch they were in, whether they saw combat or not, their service left an indelible mark on their bodies, hearts, and minds, souls and spirits. Even those who have not suffered external injuries can be affected by post-traumatic stress disorder, anxiety, anger, and other issues. They need healing on multiple levels. Joan Hunter tackles all of the problems that veterans face in her new book, Miracles for Veterans. She covers some of the root causes; the positive aspects of service, such as growth and maturity, as well as the negative effects, including physical, emotional, and spiritual injury; and the consequences of service on general and cellular memory. Joan offers guidance to those ministering to veterans, healing prayers, and insights on prevention. Joan notes God is limitless and His Word is true. He is ever ready to heal us if we only will believe.

"If you're ever going to master your emotions, the first order of business is to get out of your feelings." From the book "Spirit Check" Your attitude, behavior and mindset define your spirit, which is the seat of your emotions. Through the lens of self examination, five bold and common emotions + character flaws are exposed that derail personal, spiritual success and growth. In Spirit Check, Michelle Collins provides a persuasive commentary on the five [jealousy, intimidation, fear pride and anger], with practical solutions for immediate implementation to transform the mind, soul and spirit. Discover how biblical principles and practical solutions can aid in your goal to become whole and spiritually healthy. Commit to a healthier more excellent way of mastering your emotions, masterfully.

(Black & white) After swimming with wild dolphins, Adena Tryon began receiving messages from angelic dolphin beings called Stella Maris (Starlights of the Sea). This book shares their light messages, dolphin wisdom, the medicine of the divine feminine, and healing blessings for humanity.Stella Maris first speaks as a collective. They explain the concept of Starseeds and speak of the Stella Maris High Council, which also includes Mother Mary, Quan Yin, and Queen A'Mara. Then, individual Stella Maris members share light messages, healing activations, and scrolls of affirmations. The book concludes with a Beauty Way invitation. Visionary art from

Florencia Barton synchronizes with the words of Stella Maris, creating a truly transformative experience.

Stella Maris Speaks

Spirit Check

Am I an Antisemite?

On the Road to Healing

Practical Solutions for Emotional Mastery

The First Cut Is the Deepest

When Your Body Talks, Listen!