



Creating Your Light Body

Karen Chrappa



Creating Your Light Body:

The Golden Book of Melchizedek Joshua David Stone, 2001-01-16 One of the most revolutionary cutting edge books ever written on Melchizedek Ascension and the Path of God Realization Dr Stone considers this book of the 27 books in his Ascension Book Series to be one of his best Absolutely Spiritually electrifying reading Truly a Revelation for the next Millennium This book explores how to achieve Self Mastery and God Realization on a Spiritual Psychological and Physical Earthly Level and how to balance the three It must be understood that to achieve God Realization at the highest level one must be aware that there are Four Faces of God There is a Spiritual Mental Emotional and Material Face This most remarkable book explores and gives tools and techniques for achieving Self Realization in this lifetime in a most comprehensive easy to read easy to understand and practical manner This book is guaranteed to revolutionize and dramatically transform anyone's consciousness who reads this book This book is literally pulsating with Cosmic and Divine Spiritual energies It literally holds within it the secret codes wisdom insights and tools to unlock the Mysteries of Creation

The Light Body Exercises Donald Sherlock McReynolds, 2012-12-27 The Light Body Exercises is a complete course in Chi Gung stripped down streamlined simplified demystified and distilled to its very essence The Light Body Exercises is a powerful collection of martial arts and yoga based exercises designed to profoundly enhance and improve the practitioner's overall health and wellbeing and an invaluable guide for both beginning and advanced students alike *How to Find Your Light of Ecstasy Within* Billy Dugger, 2010-10-14 How to Find Your Light of Ecstasy Within In How to Find Your Light of Ecstasy Within author Billy Dugger offers readers a new and very effective way to simply commune with God and get the answers you need He explains in an everyday conversational style just how organic life actually got started on earth This is totally different than the evolution theory or the idea that we were created instantly as some believe The book is in three separate sections and is 550 pages long It also answers the three main questions Where did you come from Why are you here Where are you going The last section includes a very effective meditation technique that takes only a few seconds to use

The Archangel Guide to Ascension Diana Cooper, Tim Whild, 2015-03-02 Two leading spiritual teachers share new high frequency ascending information so that you can accelerate your journey to the light Since 2012 the energy on this planet has changed considerably with much more high frequency energy coming in In addition many of the tools and techniques we have been using on the ascension path have moved to a new vibration with different geometric set ups Diana Cooper and Tim Whild have been working with the angels for many years and believe that people are ready to receive this higher level information The Archangels are stepping in to help you to ascend your frequency to the fifth dimension and beyond In The Archangel Guide to Ascension they offer clear steps to accelerate your journey to the light These steps are sequential so that your path will be smooth and clear Each chapter offers guidance about the Archangels information about the step you are on and a visualization to assist you Archangel Metatron who vibrates with the number 55 is overlighting the whole book and will

be with you as you work with the guidance it offers *Dimensional Ascension* Jules Kennedy, 2006-01-01 By understanding and utilizing the multi dimensional information given in this text and via answering the self reflective workbook questions readers may be able to enhance life experience attain healthy relationships explore vocational options and manifest prosperity and happiness **Earth** Barbara Marciniak, 1994-11-01 Embraced worldwide as key spiritual teachers of our

times the Pleiadians are back with another bold and controversial look at our highest purpose on Earth Earth Pleiadian Keys to the Living Library is their handbook to inspired living calling on us to restore and return value to the human being and to recognize the Goddess energies and the power of blood as connections to our DNA and our heritage Using wit wisdom and deep compassion they entice us to explore the corridors of time through the concept of the Game Masters to awaken the crucial codes for multidimensional perspective and to redream the Living Library of Earth Their teachings are significantly arranged in twelve chapters to trigger a deeper understanding of our ancestral lineage Earth probes the memories hidden deep within us to reveal our crucial roles in the transformational process unfolding in our times **Healing Yourself with**

Light LaUna Huffines, 1995 A complete method for bringing the healing light of the soul the Solar angel and the angelic healers into the physical body taught in workshops for many years these easy to learn processes have helped thousands to heal and upgrade the cells in their body Lawrence Hall Dawson, 2005-06-01 Through the years I have felt a deep bewilderment regarding humankind's varied interpretations of God's Word and or of those Spiritual teachings which have been attributed to the Messengers of God I took a monumental leap of Faith and went beyond the boundaries of organized religion I went to The Source Itself The Source of all TRUTH God my Creator It was only recently that I was privileged to be Given a Direct Line to TRUTH a new Revelation on how to Commune directly with God our Creator As an analogy God Served as the Master Storage Bank of all TRUTH my mind became as the Terminal Computer and the Modem was The Christ or my At ONement with God No longer need I be dependent upon the word of humankind through The Mediator The Christ I was now provided with an immediate untarnished Access to God's Word For those who do not believe that humankind today can have direct Access to God's Word may I suggest re reading with an open mind these verses attributed to Jesus The Christ as written in the Holy Bible St John 14 12 14 Verily verily I say unto you He that believeth on me the works that I do shall he do also and greater works than these shall he do because I go unto my Father And whatsoever ye shall ask in my name that will I do that the Father may be glorified in the Son If ye shall ask any thing in my name I will do it Does humankind Truly Believe as Jesus The Christ did I and my Father are One It was through my TRUE Self The Christ Self during my Communion with God Mind that all quoted material of Return to TRUTH was Given to me in Answer to my questions my questions which were Seeking the TRUTH that will set humankind free Remember Understanding that which is NEW will need an openness of mind as that which is NEW tends to destroy that which is OLD Openness means willingness to entertain NEW ideas Amen **The Duality of Being** Susan Nicholas, MD, 2018-10-24 The Duality of Being details my life and the convoluted journey I made

into higher realms of consciousness through my out of body travels In this book I will share with you the perspectives I've gained that have improved my quality of life decisions and relationships Each of us has the innate ability to separate our life energy from our physical body and travel into faraway dimensions Many who have experienced multidimensional travel have had a near death experience that led to this life changing phenomenon Others like myself have for many years traveled spontaneously into distant realms and this book details the many discoveries Though this type of energetic travel cannot be measured or assessed with current scientific tools it is as real an experience as traveling by airplane to visit coveted locations around the world If my experience is any indication multidimensional travel is available to us all and offers us a gateway into higher or expanded levels of consciousness True consciousness comes from the expanded awareness that you are infinitely more than your physical body and that reality is a concept far beyond our physical world **A New Formula for Creation**

Judith K. Moore,2006-05 The most significant events in Earth's history are happening in secret Despite official denial and tactics of derision inquiring minds are demanding the truth This truth is stranger than all the fictions about ETs alien bases and the secret government This courageous book shines the light to expose truths that will change forever how we view our lives on this planet It asks the reader to join in the investigations ask the questions and think the unthinkable Explore the truth about the controllers of Earth and their alien allies Discover the updated news about what is happening on the third dimension and what it really means from the higher dimensions perspective The revelations are shocking and enlightening A crashed UFO leads to information on The secret government's time travel spacecraft Renegade ETs mining on the Moon The U S peace avatar president Ancient Pleiadian warships The prime directive now Underground alien bases and populations And many more startling f **Man Being Volume 2: Go to the Light**

Dramos & Bohemias,2019-12-23 The MAN BEING book series explores the sacred knowledge of time travel In Volume II Go to the Light the distorted truths about The Medusa and her Divine Secret are revealed Join Dramos and Bohemias as they decode The Gorgon and other mysteries hidden in the Garden of Eden Werewolf Mythology Psychedelics Music Sex Deja vu and much more This book is a mind blowing rewrite of human history and a preparation for the upcoming Ascension Event **The Full Spectrum Synthesis Bible: Wisdom**

Quotes of the Masters of All Religions and Spiritual Paths! Joshua Stone,2001-03-13 This new book I very humbly state is one of the most profound books I have ever written This book contains exactly what the title states the best Wisdom Quotes the world has ever known from all religions and all Spiritual paths All Bibles of all religions are wonderful and beautiful This most unique book is literally a Synthesis Bible of the best wisdom quotes in my 40 volume Ascension Book Series and of all religions and all paths back to God It has been my greatest joy to write this book and one that has taken an enormous amount of work to put together It is guaranteed to transform your consciousness The wisdom quotes contained within will come back to you in times of need like mantras to keep you centered clear and totally within an efficient perception of reality as God would have it be Totally electrifying Spiritual reading I do not believe a Synthesis Bible has ever been written on this planet

before Must reading for all lightworkers You will enjoy it immensely Literally every sentence of this entire book is filled with the Love Light Wisdom and Power of God and the Masters **Shining the Light III** Robert Shapiro, Arthur Fanning, 1996-01-01 In the third book of the Shining the Light series the focus shifts from the dastardly deeds of the secret government to humanity's role in creation Earth receives unprecedented aid from Creator and cosmic councils who recently lifted us beyond the third dimension to avert a great catastrophe Humanity begins to learn to render the sinister secret government powerless by being the light that we are Earth becomes a member of the Council of Planets and the universe time shifts to preserve the Explorer Race Source information shines the light of truth on Photos of beings portals and holes in time and space Sinister secret government mining on Hopi land technology terrorist activity being forced to move and more Military resistance to global power grab by secret government Universal time shifts that preserved the Explorer Race The photon belt which is your God self coming to join you Be interested and aware of what is happening around you but focus on what is happening within you become aware of your becoming *Archangel Raphael* Mary LaSota, **Beyond Ascension** Joshua David Stone, 1996-12-12 This book brings forth incredible new channeled material that completely demystifies the seven levels of initiation and how to attain them It contains revolutionary new information on how to anchor and open our thirty six chakras and how to build our light quotient at a rate of speed never dreamed possible The book includes a chapter on cosmic ascension and a unique cosmic map that outlines the process of planetary ascension The map also charts the course for full cosmic ascension through the seven cosmic planes and forty eight dimensions of reality back to the Godhead and undifferentiated Source *Connecting with the Arcturians* David K. Miller, 1998-01-01 Only on a rare occasion does a book come along that contains the potential to change the consciousness of our entire planetary culture Many have talked about the ascension process but very few really understand what it means Who is really out there Where are we going What are our choices What has to be done to prepare for this event Is everyone ascending to the same place What happened to the fourth dimension How can we understand the fifth dimension What does it feel like How does it operate What are fifth dimensional beings like How do they live This book explains all of these questions in a way that we can easily understand It explains what our relationships are to known extraterrestrial groups and what they are doing to help Earth and her people in this crucial galactic moment in time It explains how we can raise our vibration now and begin the process of integrating higher dimensional energies into our third dimensional world **The Complete Ascension Manual** Joshua David Stone, 1994-01-01 For those who have the intention but lack the lifetime it would take to study the entire history of spirituality this extraordinary compendium is a great gift Stone has gleaned the essentials from vast research as well as intuitive information and woven them into a simple and engrossing exploration of self realization The Complete Ascension Manual is both practical and enlightening It is a guidebook through the past and a how to manual for ascension Created to be read as an overview of the spiritual path this book explores the world's great religions Great Masters spiritual psychology

and the Ascended Masters teachings with specific steps to accelerate our process of ascension The Complete Ascension Manual is a thorough introduction to subjects such as The monad soul and personality God and the cosmic Hierarchy Ascension the sixth initiation Twenty ascension techniques to build your Light quotient Mantras names of God and words of power and 147 Golden Keys to achieving ascension in this lifetime **The Tao of Immortality** Mantak Chia, William U. Wei, 2018-02-20 A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy Explains each of the nine levels of Inner Alchemy and their more than 240 formulas Explores the Four Healing Arts for transformation of the emotional body physical body energy body and spiritual body Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system Master Mantak Chia and William U Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master Yi Eng more than 60 years ago Beginning with the basic principles called the Five Enlightenments the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas including simplified versions of the Microcosmic Orbit the Inner Smile Sexual Alchemy exercises for men and women Fusion of the Five Elements practices Kan and Li Alchemy the Sealing of the Five Senses and Star and Galaxy Alchemy They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy Living Tao practices for transformation of your emotional body Chi Nei Tsang practices for transformation of the physical body Cosmic Healing practices for transformation of the energy body and Immortal Tao practices for transformation of the spiritual body all aimed toward the survival of consciousness in a self aware vessel They also offer simplified versions of the other core practices such as Iron Shirt Chi Kung Bone Marrow Nei Kung and Wisdom Chi Kung to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy Master Chia and William U Wei show how these exercises were designed to increase longevity providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death *A Structure for Spirit* Karen Chrappa, 2011-07-21 One of the deepest acts of self love is the gift of a daily practice A daily practice is medicine for your soul Through practice you cultivate the stillness of mind the ease in heart and the wisdom of soul so your life becomes prayer your heart is an offering and your path is one of communion with all that is The benefits of practice do not come from reading about practice the benefits come only with practice A Structure for Spirit offers the experience of a daily practice regardless of whether you have had a practice before Each day offers unprecedented support through guided meditations shamanic journeying and energy and Earth based medicine ways Discover the gifts blessings and wisdom that arise from dedicating to the journey within **Frequency** Penney Peirce, 2011-08-16 Originally published in hardcover in 2009

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