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# Healing Ancestral Karma Free Yourself From Unheal

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Karma and Reincarnation  
Divine Healing Hands  
The Ancestors Within  
The Book of Ho'oponopono  
Healing Family Patterns  
The 7 Energies of the Soul  
Meet Your Karma  
Crystals for Karmic Healing  
Earth Magic  
We Were Made for These Times  
Sacred Ceremony  
Dying to Be Me  
Adult Children of Abusive Parents  
You Can Heal Your Life 30th Anniversary Edition  
Power Animals  
Spiritual Cleansing  
Affirmations for Self-Healing  
Instant Karma  
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Emotion and Healing in the Energy Body  
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Ancestral Healing Made Easy  
Heal Your Ancestors to Heal Your Life  
Healing Your Ancestral Patterns  
Karma  
The Seven Secrets to Healthy, Happy Relationships  
Spirit Animals as Guides, Teachers and Healers  
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Mindfulness and Grief  
You Can Free Yourself from the Karma of Chaos  
Ancestral Healing for Your Spiritual and Genetic Families  
Honoring Your Ancestors  
Animal Spirit Guides  
Ancestral Medicine  
Knowing Ourselves  
Linda Goodman's Love Signs  
Doorway to the Soul  
The Body Keeps the Score

I Love Jesus, But I Want to Die  
Conquer Your Karmic Relationships

*Healing Ancestral Karma Free Yourself  
From Unheal*

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## RAFAEL SWANSON

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### **Karma and Reincarnation** RosettaBooks

Immediate, illuminating, and hopeful: this is the key set of talks given by leading Zen Buddhist teacher Larry Ward, PhD, on breaking America's cycle of racial trauma. "I am a drop in the ocean, but I'm also the ocean. I'm a drop in America, but I'm also America. Every pain, every confusion, every good and every bad and ugly of America is in me. And as I transform myself and heal and take care of myself, I'm very conscious that I'm healing and transforming and taking care of America. I say this for American cynics, but this is also true globally. It's for real." So says Zen Buddhist teacher Dr. Larry Ward. Shot at by the police as an 11-year-old child for playing baseball in the wrong spot, as an adult, Larry Ward experienced the trauma of having his home firebombed by racists. At Plum Village Monastery in France, the home in exile of his teacher, Vietnamese peace activist and Zen teacher Thich Nhat Hanh, Dr. Ward found a way to heal. In these short reflective essays, he offers his insights on the effects of racial constructs and answers the question: how do we free ourselves from our repeated cycles of anger, denial, bitterness, pain, fear, violence? Larry Ward looks at the causes and conditions that have led us to our current state and finds, hidden in the crisis, a profound opportunity to reinvent what it means to be a human being. This is an invitation to transform America's racial karma.

### *Divine Healing Hands* Simon and Schuster

A comprehensive guide to emotional blockages in the energy body and their physical manifestations • Details how emotional trauma, long-term stress, and environmental influences cause energy blockages in the subtle body that affect the physical body • Explores more than 30 specific physical ailments, detailing the energetic origins of each condition and which meridians, chakras, and points are affected • Explains how to interpret and work with energies released in massage and during yoga practice In this comprehensive guide to subtle energy and its associated physical

manifestations, Robert Henderson reveals how the discomfort and pain you carry in your physical body is related to the energies of the life you have experienced. The author explains the eight types of subtle energy: Emotional, which carries anger, fear, love, and other emotions; Mental, which affects patterns of behavior, beliefs, actions, and memories; Spiritual, which influences intuition, inspiration, and transcendent states; Sexual, which affects creativity, spontaneity, and excitement; Environmental, which arises from stress at work, tension at home, and other outside influences; Interpersonal, which comes from interactions with family, lovers, and friends; Ancestral, the energy of the lives of your parents up to the time of your conception; and Karmic, the energy of your past lives. Detailing how these energies are drawn in by the chakras and distributed throughout the body by the meridians, the author explains how suffering acute emotional trauma or long-term stress causes negative energies to accumulate in the energy body much like fat deposits. Our physical body reacts to these energy blockages, leading to physical conditions such as closed hips, tight hamstrings, digestive distress, chronic pain, and persistent tension in areas like the shoulders. The author explores more than 30 specific physical ailments, providing the energetic origins of each condition, the exact location of the corresponding energy blockage, and which meridians, chakras, and points are affected. He covers sexual energy in depth, explaining how to handle repressed energy as it is released during yoga or massage. As the author shows, physical ailments caused by the energies of hurtful life events can be healed through massage and yoga, allowing you to become open to the free and spontaneous circulation of energy through the subtle body.

### The Ancestors Within Red Wheel/Weiser

Without proper support, navigating the icy waters of grief may feel impossible. The grieving person may feel spiritually bankrupt and often the loss is so painful that the bereaved may lose faith in what they once held dear. Mindfulness meditation can restore hope by offering a compassionate safe haven for healing and self-reflection. While nobody can predict the path of someone else's grief, this book will guide the reader forward through the grieving

process with simple mindfulness-based exercises to restore mind, body and spirit. These easy-to-follow meditations will help the reader to cope with the pain of loss, and embark on a healing journey. Each chapter focuses on a different aspect of grief, and the guided meditations will calm the mind and increase clarity and focus. Mindfulness and Grief will help readers to begin the process of reconstructing the shattered self that is left in the wake of any major loss.

### **The Book of Ho'oponopono** Llewellyn Worldwide

Identify old family wounds, communicate with your ancestral guides, heal your lineage and achieve wellbeing for yourself and loved ones. To understand who we are, we must know where and who we come from. Discover powerful practices to honour and heal your family lineage. Ancestral healing is the process of revealing and releasing inherited wounds and traumas that have been passed down by our ancestors. Anyone researching their heritage will uncover both positive and negative issues that pass through the bloodlines from one generation to the next. Once we understand the effects our family has had on our wellbeing, we can find ways to heal their influences and celebrate their legacy. Renowned soul rescuers Natalia and Terry O'Sullivan have distilled an array of practices, rituals, exercises and meditations to help you: explore what ancestral healing is and how it can aid you recognize how unresolved ancestral wounds have impacted your life learn how to use rituals and practical exercises to honour and communicate with your ancestors balance your physical, emotional and psychological wellbeing through healing the family wounds The journey of ancestral healing is one of evolution and restoration. Each step, ritual and prayer will take you closer to the life your ancestors have dreamed for you.

### **Healing Family Patterns** Ballantine Books

A practical guide to shamanic ancestor work, inspired by Huna and supported by guided rituals and exercises • Explains how to heal traumatic experiences and old blockages that are stored in the memory of your lineage • Includes Hawaiian teachings about spiritual and genetic ancestors and reveals how to bond with your spirit family, your Aumakua • Shows how unlocking the support of your ancestors enables you to shine your light fully Knowing your

ancestral lineage is not only a matter of curiosity, your life path will unfold with much more ease if you are aware and in harmony with your origins. Exploring the heritage of your bloodline as well as the energy of your spiritual family, which we are often less aware of, opens you up to enormous potential for healing and self-development. This practical guide explains, in a clear and straightforward way, how the energy field of our ancestors influences our personal lives and how we can draw from their strength as well as liberate ourselves from burdens that have been carried over generations. It helps us to lift the veil of forgetting and allow ourselves to fully shine our light, supported by the souls that came before us, by making peace with past hurts and traumas. Drawing on the Huna Hawaiian shamanic tradition as well as other shamanic and energetic practices, the authors show how to connect with our Aumakua, our ancestors and higher self, which includes our close relatives, ancestors stretching back thousands of years, and our spiritual ancestors or karmic family. The authors offer practices to reconcile with our parents and spiritual family, uncover suppressed matters and family secrets, clear and charge our personal energy field and our family energy field, and awaken the potential of our bloodline. They explain how to perform an ancestor healing circle, carry out an ancestor release ritual, and offer blessings for children and grandchildren as well as providing meditative journeys to meet our ancestors, our spiritual family, and our spiritual roots in other realms. They also provide short case studies to illustrate how the rituals and exercises have worked for other people. By enacting ancestral healing, we can recognize who we are, where we come from, and truly fulfill our destiny in this life.

#### The 7 Energies of the Soul Simon and Schuster

If you long for freedom, peace, & joy but often feel frustrated with negative energetic attachments, keep reading. Have you ever been so happy, but someone (or something) completely stomped your good mood into the mud? That person or situation likely attached its negative energy to your aura. It's essential to protect yourself from bad energy that lowers your vibration & throws off your goals & dreams. These threats require your utmost attention. Perhaps you're experiencing a period of great stress or having nightmares? You likely need a proper cleansing of yourself & your home. Have you tried smudging, sprays, & candles, & nothing seems to work? Do you finally want to say goodbye to all

of the energetic parasites wreaking havoc out of sight & see what works for you? Cleansing yourself & home of negative energies & attachments doesn't have to be difficult, even if you feel like you've already tried everything. In fact, it's easier than you think. Here's just a tiny fraction of what you'll discover: A treasure trove of easy, step-by-step exercises you can do at home for a supercharged vibration & powerful cleansing The spiritual insider's homemade potion to safeguard from malicious entities This quick number secret to seeing your soul's characteristics & what they say about you The secret gland that, when activated, can skyrocket energy & reach the stratosphere of the divine (& it's not the third eye) How to see with your own eyes the energetic movements in your home with just two kitchen items The insider's step-by-step secret DIY spray recipe to dissolve negative energy Unbeatable Guided Meditations to Banish Negative Entities, Cleanse Your Aura, & Supercharge Your Life (& the items you need to power up your meditations) The easy 'invisible chair' at-home exercise to release a lifetime of trauma Made-for-you Negative Energy Cleanse rituals to enchant your home with angelic power A treasure-trove of \*bonuses\*, including a companion video course with over 4.5 hours of empowering content, energy-tapping videos, powerful guided meditations, journals, & so much more. Take a second to imagine how you'll feel once you can effortlessly cleanse your aura & home of harmful negative entities. Imagine your friend's & families' faces when they step foot in your beautifully pure home. Spiritual cleansing isn't reserved for shamans & mystics. In fact, anyone can do it. You can begin spiritually cleansing today with the amazing secrets inside, even if you're completely new to the practice. So, if you're done allowing negative entities to impose on your auric space & have a burning desire to start fresh, then turn the first page.

#### *Meet Your Karma* National Geographic Books

Uncover and Heal the Root of Your Inherited Family Trauma Your family's past may be the key to healing in the present. This groundbreaking book explores the life-changing power of regression sessions that work with your ancestry. While most sessions focus solely on the client, this book shows that by contacting and sending restorative energy to certain members of your family tree, you can initiate ripples of healing that make enormous positive transformations in your life and the world. Join

Shelley A. Kaehr, PhD, as she shares case studies from her generational regression practice as well as specific exercises and meditations you can do to begin your own familial healing journey. You will discover how to alleviate the suffering of your parents, grandparents, or earlier ancestors and extend the pure light of loving kindness to your own generation and even future generations who have yet to be born. This book empowers you with the tools and techniques you need to help fill your life—and the lives of your loved ones—with joy, happiness, and purpose.

#### *Crystals for Karmic Healing* Harmony

A compassionate, shame-free guide for your darkest days “A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized.”—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to “choose joy” and “pray more.” So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

#### *Earth Magic* Hierophant Publishing

With the clarity of a physicist and the compassion of a gifted healer with fifteen years of professional experience observing 5,000 clients and students, Barbara Ann Brennan presents the first in-depth study of the human energy field for people who seek happiness, health and their full potential. Our physical bodies

exist within a larger "body," a human energy field or aura, which is the vehicle through which we create our experience of reality, including health and illness. It is through this energy field that we have the power to heal ourselves. This energy body -- only recently verified by scientists, but long known to healers and mystics -- is the starting point of all illness. Here, our most powerful and profound human interactions take place, the precursor and healer of all physiological and emotional disturbances. Hands of Light is your guide to a new wholeness. It offers:

- A new paradigm for the human, in health, relationship, and disease
- An understanding of how the human energy field looks, functions, is disturbed, healed, and interacts with friends and lovers.
- Training in the ability to see and interpret auras
- Medically verified case studies of healing people from all walks of life with a variety of illnesses.
- Guidelines for healing the self and others.
- The author's personal and intriguing life adventure which gives us a model for growth, courage and possibilities for expanded consciousness

We Were Made for These Times Simon and Schuster

As humans, most of us yearn for fulfilling relationships. They provide unlimited ways for us to learn, grow, thrive, and have fun! In this book, best-selling authors don Miguel Ruiz Jr. and HeatherAsh Amara share their seven secrets to healthy, happy relationships.

*Sacred Ceremony* Light Technology Publishing

Uncover Your Family's Past and Create a Better Future Has your family gone through the same trials and tribulations generation after generation? Do you feel fated to continue that trend? If so, it's possible you've inherited the karma of your family members. The good news is that you can break the cycle. Renowned author, soul healer, and shamanic practitioner Dr. Steven Farmer shows you how to not only free yourself from negative cycles of the past but also access the ancient wisdom of your ancestors. In *Healing Ancestral Karma*, you'll learn how to: Make contact with your ancestors. Heal hereditary traits and characteristics that have compromised your physical, emotional and mental health. Incorporate your ancestors' wisdom into your spiritual path. Clear karmic baggage so your descendants inherit only positive karma. Imagine how different life could be if you had access to the wisdom of all those who've come before you. *Healing Ancestral Karma* shows you how. No matter what your current spiritual

philosophy or practice, you can have a relationship with your ancestors and gain guidance, knowledge and healing.

**Dying to Be Me** Hay House, Inc

Change life for the better by altering family patterns that have been passed down for generations with a healing technique called Ancestral Lineage Clearing. Our past and our family's past influence our present and future. Our ancestors' DNA runs through our physical body, and their emotional patterns and energetic patterns continue flowing in our lives unless we take charge of clearing the unhealthy patterns holding us back in this lifetime. Is it time for you to change your life? *Healing Family Patterns: Ancestral Lineage Clearing for Personal Growth* describes this advanced healing technique that releases negative patterns of our ancestors who influence our present life. By clearing these ancestral patterns we: 1. reclaim the power to control our present and future 2. alter issues concerning prosperity, relationships, health, career and destiny 3. change dysfunctional family patterns of abuse, poverty, abandonment and lack of self-esteem for our children, grandchildren and future generations 4. and, increase our connection with Spirit, the Divine, Creator or God. By a combination of description, storytelling and specific direction, Ariann Thomas informs the reader of how the process of healing of family patterns began and developed in her own life as well as in the lives of her clients. After discussing her theory of the healing process, including a section on time and quantum mechanics theory, the last part of the book takes the reader on a step-by-step instructional phase designed to train the reader in the healing technique the author calls Ancestral Lineage Clearing. *Healing Family Patterns: Ancestral Lineage Clearing for Personal Growth* gives a unique perspective to help the reader reach the innermost depth to resolve complex long-standing family challenges. Using this method, in just one healing session clients have said they have cleared issues that they had spent decades struggling with and trying to unlock from their bodies and emotional systems. This book can change a person's life and enable them to get what they really want from life; be more comfortable with their family; give them more understanding of their life issues, and leave them in a position where relatives, friends, and others will not be able to push those buttons by clearing out family patterns that no longer serve them. While every reader will not choose to practice the

healing technique involved, this book will give readers a direction and a process to heal the family issues that hold back so many people from moving forward in their lives.

Adult Children of Abusive Parents Hay House, Inc

Humanity and Mother Earth are suffering. Divine Healing Hands are given in this special time. Serve humanity. Serve Mother Earth. Millions of people are suffering in their spiritual, mental, emotional, and physical bodies. Millions of people have challenges in their relationships and finances. Millions of people are searching for spiritual secrets, wisdom, knowledge, and practical techniques in order to fulfill their spiritual journeys. For the first time, the Divine is giving his Divine Healing Hands to the masses. Divine Healing Hands carry divine healing power to heal and to transform relationships and finances. Dr. & Master Zhi Gang Sha is a chosen servant, vehicle, and channel of the Divine to offer Divine Healing Hands to the chosen ones. Master Sha has asked the Divine to download Divine Healing Hands to every copy of this book. Every reader can experience the amazing power of Divine Healing Hands directly. In this tenth book of Master Sha's bestselling Soul Power Series, readers will also be deeply moved by the many heart-touching stories of divine healing and transformation created by this divine treasure. To receive Divine Healing Hands is to serve humanity and the planet in this critical time. The purpose of life is to serve. Learn how you can receive Divine Healing Hands. Answer the Divine's calling. You can make a difference on a scale beyond comprehension and imagination.

**You Can Heal Your Life 30th Anniversary Edition** Ryland Peters & Small

Healing imbalances in our family patterns is crucial to health and wellbeing. In this book international healer David Furlong explains the relevance of our ancestors to the healing process. He shows how the character and experiences of our parents, grandparents and great-grandparents shape our lives in all sorts of subtle ways and stress the importance of healing the patterns from past generations which continue to affect us today. By learning to connect with these energies from the past we can free up and balance their impact on our lives and of future generations.

**Power Animals** Hierophant Publishing

Steven D. Farmer, Ph.D., guides you through a journey to discover and connect with your power animal. Once you've determined who your power animal is, you can learn what this says about



you, find instructions on how to call upon the spirit animal, and read a channeled message for you from that animal spirit. You'll also find out which animal spirit to call on for particular situations, and additional tracks in the audio download will help you consult your power animal as an oracle. Your power animal will not only help you develop a greater sense of personal and spiritual power, but will also help you heal physically, emotionally, and spiritually—as well as guide you through difficult life transitions. Your animal spirit guide can show up in its physical form; or you can contact it through meditations, journeys, or dreams and ask it for guidance, healing, or protection. Working with your power animal directly or through imagery and symbolism will put you in touch with your own instinctual nature, thereby increasing your intuitive awareness and enhancing every area of your life.

*Spiritual Cleansing* Hay House, Inc

A detailed guide for using crystals and gemstones to resolve negative karma and discover your soul's purpose • Details the spiritual and chemical interpretations of more than 50 healing stones as well as fossils, flint, and amber • Offers advanced crystal exercises for past-life regression, cutting karmic cords, releasing cellular memories, and accessing the Akashic Records • Demonstrates how to use crystal grids and layouts for healing karma and how to seek assistance from angels and other divine beings As direct geometrical expressions of the Divine, crystals have the ability to work upon the soul at the deepest levels. The more mindfully and conscientiously we spend time with these crystalline forms, the more crystalline we become in terms of our spiritual bodies and their inner, holographic perfection. As potent catalysts of elevated consciousness and overall spiritual growth, crystals and gemstones offer a powerful resource for resolving negative karma patterns and realigning you with the light of your

soul's purpose. Detailing the spiritual and chemical interpretations of more than 50 healing stones, as well as fossils, flint, and amber, Nicholas Pearson guides readers through the how and why of resolving karmic knots and obstructions with the help of crystals. He offers hands-on crystal meditations and demonstrates how to use crystal grids and layouts for healing karma. He explains how to cleanse and program stones and shares more advanced crystal exercises for past-life regression, cutting karmic cords, releasing off-world karma and cellular memories, and accessing the Akashic Records to reveal your soul's blueprint and rewrite its contracts with higher powers. Explaining how to incorporate color, chakra therapy, gem elixirs, and dreamwork in your karmic crystal practice, Pearson also explores how to access the Violet Flame of spiritual alchemy, the Seventh Ray, to transmute restrictive karmic patterns. He introduces the Lords of Karma and other spirit guides, gods, goddesses, and angels who can help with karmic healing. He offers guidance on what stones are appropriate for everyday wear and on working with crystal skulls, Lemurian seed crystals, shungite, and time link crystals. The author also explains how crystals can be used to resolve planetary karma, releasing us into the next phase in the collective transformation of humanity. Unveiling the inner teachings of the mineral kingdom, Pearson shows that if you work with crystals consciously, reverently, and humbly, your life will transform.

*Affirmations for Self-Healing* Simon and Schuster

According to Ron Scolastico, a spiritual psychologist and teacher, each of us holds the key to the mystery of life and the power of consciousness. "Doorway to the Soul" teaches the reader how to unravel that mystery to have a profound spiritual experience.

**Instant Karma** SCB Distributors

The New York Times bestseller that helps you explore whether romance is in the stars. Linda Goodman's Love Signs addresses the question asked by everyone familiar with astrology: How do I relate to someone of another sign? Each sign is "related" to the twelve signs of the zodiac in a different and unique way. Each section addresses the differences for a male and a female with the same sign matches. This is an updated edition of Linda Goodman's lively bestseller, which has introduced millions to the concept of astrological compatibility. "What seems to set Goodman's books apart from other stargazing guides is their knowledgeable approach and comprehensive reach." —Newsweek  
*Hands of Light* Workman Publishing

"The world of ancestral healing opens up possibilities for mind, body, soul, and spirit wellness you've never imagined. The Ancestors Within offers a collection of life-changing experts' stories and practical tools in the field of ancestral healing so you can understand what's possible and experience improved health, wealth, and happiness.--Publisher's description.

**Emotion and Healing in the Energy Body** Five Kings Press  
"We have all been here before . . . The word karma has made it into the mainstream. But not everyone knows what it really means or how to deal with it. This insightful book will help you come to grips with karmic connections from past lives that have helped create the circumstances of your life today. You'll discover how your actions in past lives—good and bad—affect which family you're born into, who you're attracted to, and why some people put you on edge. You'll learn about group karma, what we do between lives, and what the great lights of East and West, including Jesus, have to say about karma and reincarnation. Most of all, you'll find out how to turn your karmic encounters into grand opportunities to shape the future you want."

Best Sellers - Books :

- [Twisted Hate \(twisted, 3\)](#)
- [The 5 Love Languages: The Secret To Love That Lasts](#)
- [The Boy, The Mole, The Fox And The Horse By Charlie Mackesy](#)
- [The Shadow Work Journal: A Guide To Integrate And Transcend Your Shadows By Keila Shaheen](#)
- [Taylor Swift: A Little Golden Book Biography By Wendy Loggia](#)
- [Atomic Habits: An Easy & Proven Way To Build Good Habits & Break Bad Ones By James Clear](#)
- [Dog Man: Twenty Thousand Fleas Under The Sea: A Graphic Novel \(dog Man #11\): From The Creator Of Captain Underpants By Dav Pilkey](#)
- [Fourth Wing \(the Emphyrean, 1\)](#)

- [If He Had Been With Me](#)
- [The Last Thing He Told Me: A Novel By Laura Dave](#)