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Transcending the Levels of Consciousness Stairway to the Mind **The Map of Consciousness Explained** **The Stairway to Consciousness: The Birth of Self Awareness from Unconscious Archetypes I** *The Stairway to Heaven* *Truth vs. Falsehood* **Discovery of the Presence of God** *Healing and Recovery* **Dissolving the Ego, Realizing the Self** *Stairway to the Mind Along the Path to Enlightenment* **Power vs. Force** *Letting Go* *Book of Slides* *The Ego Is Not the Real You* *The Origin of Consciousness in the Breakdown of the Bicameral Mind* *Reality, Spirituality and Modern Man* **The Infinite Staircase** *The Eye of the I* *Power Versus Force* **Creative Evolution** *Collision with the Infinite* **Lucid Waking: The Answer to the Problem of Consciousness** **Gödel, Escher, Bach** **The Crystal Stair** **The Stairway to Freedom** **The Wisdom of Dr. David R. Hawkins** *From Normal to Healthy* *Below Stairs* **The Winding Stair** **Jesus the Sufi** *The Spiral Staircase* *The Power of Now* **Stairway to Heaven** **Higher-Consciousness Healing** **The Secret of the Stairs** **Orthomolecular Psychiatry: Treatment of Schizophrenia** *Start Now!* **Levels of Energy**

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The now widely known Map of calibrated levels of Consciousness was presented in *Power vs. Force* in 1995 and has been translated into all the world's major languages. This was followed by *The Eye of the I* (2001), *I: Reality and Subjectivity* (2003), and *Truth vs. Falsehood* (2005), which explored the levels of Truth reflected throughout society. **Transcending the Levels of Consciousness** returns to the exploration of the ego's expressions and inherent limitations and gives detailed explanations and instructions on how to transcend them. As with the reading of Dr. Hawkins' previous books, the reader's level of consciousness is advanced as a consequence of exposure to the information itself. This opens up avenues to the relief of suffering for oneself and others, which fulfills the purpose of the work and the intention to facilitate the reader's own Enlightenment. National Book Award Finalist: "This man's ideas may be the most influential, not to say controversial, of the second half of the twentieth century."—Columbus Dispatch At the heart of this classic, seminal book is Julian Jaynes's still-controversial thesis that human consciousness did not begin far back in animal evolution but instead is a learned process that came about only three thousand years ago and is still developing. The implications of this revolutionary scientific paradigm extend into virtually every aspect of our psychology, our history and culture, our religion—and indeed our future. "Don't be put off by the academic title of Julian Jaynes's *The Origin of Consciousness in the Breakdown of the Bicameral Mind*. Its prose is always lucid and often lyrical...he unfolds his case with the utmost intellectual rigor."—The New York Times "When Julian Jaynes . . . speculates that until late in the twentieth millennium BC men had no consciousness but were automatically obeying the voices of the gods, we are astounded but compelled to follow this remarkable thesis."—John Updike, *The New Yorker* "He is as startling as Freud was in *The Interpretation of Dreams*, and Jaynes is equally as adept at forcing a new view of known human behavior."—American Journal of Psychiatry Imagine—what if you had access to a simple yes-or-no answer to any question you wished to ask? A demonstrably true answer. Any question . . . think about it.— from the Foreword We think we live by forces we control, but in fact we are governed by power from unrevealed sources, power over which we have no control.— from the author's Preface The universe holds its breath as we choose, instant by instant, which pathway to follow; for the universe, the very essence of life itself, is highly conscious. Every act, thought, and choice adds to a permanent mosaic; our decisions ripple through the universe of consciousness to affect the lives of all.— from *Power vs. Force* "[A] beautiful gift of writing . . . [You] spread joy, love, and compassion through what you write. The fruit of these three is peace, as you know . . ."— Mother Teresa ". . . particularly timely . . . a significant contribution to understanding and dealing with the problems we face today."— Lee Iacocca "I especially appreciate [the] research and presentation on the attractor

patterns of business . . ."— Sam Walton "Overwhelming! A masterpiece! A lifetime work!"— Sheldon Deal, President, International College of Applied Kinesiology Jennifer Angelee is a Spiritual Teacher, Energy Healer and Author of Miracles of Love Faith and Hope, Angel Bumps and Beloved, I Can Show You Heaven. Stairway to Heaven is a Step by Step Guide to Ascension Healing on Earth. In this book, Jennifer reveals the esoteric secrets to creating Heaven in your life. Wherever you are on your journey, Jennifer will meet you there and show you how to rise higher and become powerful enough to heal yourself and create the life of your dreams. Using the power of Unity Consciousness, Jennifer explains how we can bring Heaven to Earth now. In Stairway to Heaven you will be guided one step at a time on the path to self-actualization and enlightenment. You will learn about Jennifer's Healing Modalities that are on the cutting edge of spiritual healing, including The Seven Planes of Healing, Soul Evolution Therapy(R), Infinite Possibilities Life Coaching(TM), and Psychic Steps for Healing and Protection. Jennifer believes that we are at an exciting time in our history where a new awakening is occurring. It is time for everyone to recognize their divine light within and it is time to Rise into Your Power, Your Time has Come!!! To find out more about Jennifer's Books and Services, Visit jenniferangelee.com This is the second volume of a trilogy that began with Power vs. Force and will be completed in the year 2002 by the publication of the third volume entitled I: Reality and Subjectivity. The Eye of the I (which calibrates at 950) is more advanced than Power vs. Force (which calibrates at 850) and brilliantly reveals the very core of the spiritual process critical to the state of Enlightenment. The intrinsic power of the information provided in this startling classic is sufficient of itself to elevate the consciousness of the reader. This likelihood has been anticipated and provided for by preparatory recontextualizations. Included are verbatim dialogues with advanced students, instructions, and explanations that illuminate the spiritual teachings. The Eye of the I is a brilliant work that dissolves the barriers between the known and the unknown, between science and spirituality, and between the Newtonian linear paradigm of the ego and the nonlinear reality of Enlightenment. With the resolution of the self, the Self shines forth and reveals one's true identity. Human consciousness has perplexed philosophers, artists and scientists for centuries. Some hold it to be purely physical, while others believe it transcends the material world. Now comes a book that offers a new perspective - based entirely on evidence from the natural sciences - whereby materialism and dualism co-exist. The author - a distinguished pioneer of nonlinear dynamics - bases his argument on a hierarchical view of mental organization; a stairway. Atoms give rise to molecules, neurons form the brain and individual consciousness leads to shared culture. All steps are needed to complete the picture and each level derives from the previous one. The book shows specialists how each of their fields adds to the overall picture, while providing general readers with an introduction to this investigation. A raw, intensely personal memoir of spiritual exploration from one of the world's great commentators on religion. This Book of Slides is a comprehensive "atlas" of the vast terrain covered by Dr. David R. Hawkins in his public lectures, 2002-2011. It contains the compendium of his lecture slides, along with a summary of his teaching at each lecture. Far from being a dry read, this book is filled with real life examples, humorous anecdotes, and personal experiences of "Doc" never before found in written form. Widely appreciated for his unusual capacity to illumine the Real in everyday terms, Dr. Hawkins lectured on such vital topics as The Nature of God, Nonduality, Self-Realization, Spirituality in the Modern World, Spiritual Community, Spiritual Teachers, The Way of Devotion, Qualities of the Spiritual Seeker, Love, Success, and Happiness. This, the eighth book in a progressive series based on the revelations of consciousness research, resulted from a group of lectures given by the author at the request of the original publisher of A Course in Miracles, along with members of several self-help groups, including Alcoholics Anonymous, ACIM, Attitudinal Healing Centers, other recovery groups, and a number of clinicians. Our society lives with constant stress, anxiety, fear, pain, suffering, depression, and worry. Alcoholism, drug addiction, obesity, sexual problems, and cancer are constantly in the news. Mankind in general has had very little information about how to address life's challenges without resorting to drugs, surgery, or counseling. In this book, you will learn why the body may not respond to traditional medical approaches. Specific instructions and guidelines are provided that can result in complete healing from any disease. The importance of including spiritual practices in one's healing and recovery program is explained, along with how easy it is to incorporate them in the process. Healing and Recovery provides clinically proven self-healing methods that will enable you to take charge of your health and live a happy, healthy, and fulfilling life. Jesus is seen as a representative of an ancient and continuing wisdom tradition identified with that of the Sufis. By his distinctive use of stories for teaching purposes, his sayings, and what the Sufis call 'action-teachings', including those actions known as 'miracles', Jesus is shown to have been quintessentially a Sufi master. Max Gorman shows how Sufism illuminates from within concepts central to Christianity: the kingdom of Heaven, son of God, baptism, resurrection - which can then be seen as states and stages in an evolutionary philosophy. This new edition of the classic work includes a new chapter on Gnosis. This is the seventh book in a progressive series based on the revelations of consciousness research. It describes in detail how to discern not only truth from falsehood but also the illusion of appearance from the actual core of reality. The text explains how to differentiate perception from essence, and thereby enables the reader to resolve the ambiguities and classical riddles that have challenged mankind for centuries and baffled the best minds in history. While modern technologies have provided a phethora of new toys and conveniences, the basic problems of daily existence remain. This book provides the tools to survive and regain fundamental autonomy and inner harmony while living with the complexities of the modern world. A compelling and colourful memoir that takes the reader inside the forgotten world of domestic service. Arriving at the great houses of 1920s London, fifteen-year-old Margaret's life in service was about to begin... As a kitchen maid - the lowest of the low - she entered an entirely new world; one of stoves to be blacked, vegetables to be scrubbed, mistresses to be appeased, and even bootlaces to be ironed. Work started at 5.30am and went on until after dark. Yet from the gentleman with a penchant for stroking the housemaids' curlers, to the heartbreaking story of Agnes the pregnant under-parlourmaid, fired for being seduced by her mistress' nephew, Margaret's tales of her time in service are told with wit, warmth, and a sharp eye for the prejudices of her situation. David R. Hawkins details how anyone may resolve the most crucial of all human dilemmas: how to instantly determine the truth or falsehood of any statement or supposed fact. Dr. Hawkins, who worked as a "healing psychiatrist" during his long and distinguished career, uses theoretical concepts from particle physics, nonlinear dynamics, and chaos theory to support his study of human behavior. This is a fascinating work that will intrigue readers from all walks of life! The sixth book in a progressive series by Dr. David R. Hawkins, this work finalizes and further clarifies the true nature and core of the condition termed "Enlightenment." It is primarily an instruction manual for the serious spiritual devotee and reveals information only known by those who have transcended the ego to reach Divine Realization. This is the inner route from the self to the Self, and the descriptions of the progressive states are devoted to the reader's own illumination. This work will appeal to those who themselves are dedicated to the spiritual Reality of Truth as the direct pathway to God. How does one traverse the spiritual landscape to move beyond suffering to experience the peace and love of God, to dissolve illusion and realize the state of enlightenment? In this collection of inspiring passages from David R. Hawkins's work, the reader is reminded of the illusory nature of the personal self (identification of the ego/mind) and the direct pathways to dissolve the ego/mind's trappings. This pocket edition is designed especially for today's spiritual student on the go, to inspire contemplation and reflection during a break at work, while hiking in the woods, during a quiet coffee-shop moment, on an airplane, with a partner—in whatever environment one finds oneself. Dissolving the Ego, Realizing the Self is a reliable companion on the aspirant's quest toward higher truth. 'What is a self and how can a self come out of inanimate matter?' This is the riddle that drove Douglas Hofstadter to write this extraordinary book. In order to impart his original and personal view on the core mystery of human existence - our intangible sensation of 'I'-ness - Hofstadter defines the playful yet seemingly paradoxical notion of 'strange loop', and explicates this idea using analogies from many disciplines. Reveals a breakthrough in documenting a new era of human knowledge. Only in the last decade has a science of Truth emerged that, for the first time in human history, enables the discernment of truth from falsehood. Presented are discoveries of an enormous amount of crucial and significant information of great importance to mankind. Truth and Reality, Dr. Hawkins states, have no secrets, and everything that exists now or in the past- even a thought- is identifiable and calibratable from the omnipresent field of Consciousness itself. There is no problem more baffling to the academic world than the problem of consciousness. It's fair to say that no academic has any clue at all about what consciousness is. In fact, academics have totally confused it with something radically different, namely sentience. The problem that faces the academic world is the insurmountable one of how you get lifeless, mindless, purposeless objects (material atoms) to manifest subjectivity. It's a category error to imagine that matter can provide any answers to the foundational issues of mind. Academics believe that to answer the problem of subjectivity is thereby to solve the "hard problem" of consciousness. In

fact, the problem of subjectivity (sentience) is totally different from the problem of consciousness. To understand why, simply ponder all of the following statements: 1) animals are sentient but not conscious; 2) human babies are sentient but not conscious; 3) humans who never encountered another human are sentient but not conscious; 4) sleepwalking humans are sentient but not conscious. The problem of sentience is drastically different from the problem of consciousness and if you conflate the two you have immediately set yourself an impossible task, especially if you make any attempt to solve these problems within the framework of materialism (i.e., the ideology of anti-mind). To understand what consciousness actually is, it's essential to understand the difference, in the world of sleep, between dreaming and lucid dreaming. Exactly the same dichotomy is present in the waking world. A sleepwalker is a person who can do complex tasks - such as riding a motorbike for half an hour - without any consciousness. A conscious version of a sleepwalker engages in what we refer to as "lucid waking". Lucid waking is the key to consciousness. The fact is that consciousness is not an inherent property of human individuals. It's not built into them. It's acquired, just as some people acquire the ability to become lucid dreamers. Since sleepwalkers could do many of the same things as conscious individuals, the question is invited of why consciousness is required at all. If you don't know what consciousness is, how can you expand your consciousness to the maximum? Wouldn't you like to be maximally conscious? Think of the power you would have. Learn to let go of the illusions of the ego and discover the real you with this collection of inspiring quotes on the ego, mind, and spiritual enlightenment from human-consciousness expert Dr. David R. Hawkins. Are you willing to let go of seeing yourself as the ego believes you to be? Are you willing to go further, to know that the ego itself is an illusion? In this book, select teachings from Dr. David R. Hawkins's extensive body of work will guide you in the process of realization, surrender, and transformation. When we let go of the old ways of thinking, our attachments, and the false promises of the ego, we discover the truth that we are one with All. Features classic passages, including: It is not really necessary to subdue the ego, but merely to stop identifying with it. Every life experience, no matter how "tragic," contains a hidden lesson. When we discover and acknowledge the hidden gift that is there, a healing takes place. Enlightenment is not a condition to be obtained; it is merely a certainty to be surrendered to, for the Self is already one's Reality. It is the Self that is attracting one to spiritual information. To be enlightened merely means that consciousness has realized its most inner, innate quality as nonlinear subjectivity and its capacity for awareness. The only energy that has more power than the strength of the collective ego is that of Spiritual Truth. "This book is small in size, but it can have a massive impact on your life. It will take you through the process of a total transformation of consciousness—if you choose to apply its teachings deeply within yourself." — From the Introduction by Fran Grace, Ph.D. This book, *The Stairway To Freedom*, was dictated from the spirit world by The Great White Brotherhood and is a complete primer of esoteric knowledge covering virtually every aspect of a human being's development whilst here in incarnation and also will see him through his life in the spiritual realms as one progresses towards God. It covers a large gamut of seemingly unrelated topics covering: Sexuality, The birth process, How life develops and is controlled by archangels, What is God and what God's Power is, What our auras are, How we can develop spirituality, Diet, Organising one's daily routine and a host of other topics. The book cleverly weaves all these, apparently, disparate elements into a cohesive whole so that the student can have a firm grasp on the way that life operates whilst incarnate here on Earth and will help guide him through that life, and also what awaits him when this incarnation is finished and he returns to his true home, the spirit realms. There are also a couple of prayers that were dictated from the spirit world, some guided meditations and, lastly, a number of questions and answers that were asked of the Great White Brotherhood on a variety of topics. Although it is a book on spirituality, it offers a lot of practical information relevant to the problems that people face in their daily lives. The Brotherhood all had incarnations here on Earth at some stage and so have first hand knowledge of the difficulties that we face. It is not a remote, academic book just dealing with what is God. It is written in simple, if precise, language and all people will find that they can connect to the information presented in the various chapters. As a last point, a great deal of love was put in by the Great White Brotherhood to give us this book and a great deal of hard work was put in by various people to present this to you. It is hoped that the information will change your life." A collection of profound ideas from one of the great spiritual thinkers of our generation. In this authoritative work, readers will be brought to higher levels of awareness, control, and understanding. This book includes ten volumes of Dr. Hawkins's core teachings that are most beneficial and relevant to today's world, including his Map of Consciousness calibration process. The Wisdom of Dr. David R. Hawkins also includes one of Dr. Hawkins's last lectures on the most valuable qualities for a spiritual seeker. Get ready to step off the ego path onto a more rewarding, fulfilling, and service-oriented journey of enlightenment. To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better. *THE STAIRWAY TO HEAVEN* describes nine clearly defined stages of consciousness, which explain the development of each person starting from dreamlike unawareness to full enlightenment. This groundbreaking book combines Tibetan Buddhist teachings with insights from transpersonal psychotherapy to offer a full understanding of people's psychological, mental and spiritual development. You will learn: To recognise nine clearly defined stages of consciousness in yourself and everybody else, how people's sense of self, their world view, their values and all their behaviours radically change at each stage of their development, what kind of help people need depending on their stage of consciousness, how to speed up your own development in every area of your life by applying the principles of the *STAIRWAY TO HEAVEN*. Tara Springett M.A. is a qualified Buddhist teacher since 1997; a qualified psychotherapist since 1990 and a successful self-help book author. Tara has been helping clients from all over the world to find love, success and happiness by applying the nine stages of consciousness of the *STAIRWAY TO HEAVEN*. www.taraspringett.com *THE CRYSTAL STAIR* is a collection of channeled teachings received from Lord Sananda (Jesus) & other Masters describing the personal & planetary ascension process now occurring on our planet. The experience of Ascension represents the culmination of human spiritual evolution. *THE CRYSTAL STAIR* describes how this leap in consciousness will be made available to all of humanity in our lifetimes. It introduces us to the spiritual hierarchy that has inspired & nurtured truth seekers in every age, & offers vital insights to assist us through this critical period of transformation. Through these channeled messages the Ascended Masters offer an awakening to the ultimate truth of our human destiny, challenging each of us to humbly receive the divine birthright of our own immortality. Personal instruction is given by the Masters to assist the reader in understanding & aligning with upcoming changes. The book is breathtaking as well as thought provoking. Simply written, it addresses the imminent concerns of our life against a background of timeless spirituality, with dramatic clarity & conclusions. The messages contained within these pages transcend all religions & national boundaries. *Start Now!* offers an extensive and representative sample of Steiner's spiritual instructions and meditative practices, including meditation instructions; mantric verses; daily, weekly and monthly practices for the development of soul qualities; karmic exercises and meditations for working with the dead, the angelic hierarchies and our guardian angel. *FROM THE BESTSELLING AUTHOR OF REBECCA* Many accounts of the life of Francis Bacon have been written for scholars. But du Maurier's aim in this biography was to illuminate the many facets of Bacon's remarkable personality for the common reader. To her book she brought the same gifts of imagination and perception that made her earlier biography, *Golden Lads*, so immensely readable, skilfully threading into her narrative extracts from contemporary documents and from Bacon's own writings, and setting her account of his life within a vivid contemporary framework. This is truly history made alive. Unlike many authors of popular historical biographies, du Maurier resembled Antonia Fraser in being an indefatigable researcher - Francis King Praised by Mother Teresa and Dr Wayne Dyer for his breakthrough research and innovative teachings on the human mind, Dr David Hawkins brings us 365 daily reflections for the mind and soul. The spiritual teachings of David R. Hawkins on the nature of consciousness, spirit, and ego are known worldwide by students seeking to realize spiritual Truth. As a mystic, Dr. Hawkins has infused the truths found in the precepts of Western religion with the core of Eastern philosophy, bridging the familiar, physical world to the nonlinear, spiritual domain. What blocks spiritual progress? And how do we transcend these blocks? This collection of passages, carefully selected from Dr. Hawkins's extensive writings, offers readers a new contemplation for each day. Any one of these passages, fully understood, can elevate one's level of consciousness. This is a book on Spectral Consciousness, Reality Creation, Levels of Energy and Emotion and

your Relationship to Infinity. It is dedicated to the Spiritual Development of mankind. The premise of this book is that there are clearly definable, perceivable and achievable qualities or "levels" of energy and that each level corresponds with specific physical, mental and emotional realities. Come and discover the extraordinary story of how consciousness is born from the unconscious. This is the story of existence. This is the story of the meaning of life, the universe and everything. Everything conscious has the unconscious for a mother. To exist is to live, to have a mind, and to think. As we see in our dreams, thinking can produce outer worlds, which we imagine are external to us but are just our own constructs. We are all part of a living cosmic organism, seeking to optimize itself, to perfect itself. The Cosmic Mind produces a Cosmic World in which Mind can contend with its own construct and come to consciousness via all the problems and struggles it encounters there. We are alienated from the world because we fail to understand that we unconsciously created it. Only consciousness can reveal the truth: that everything is made by us, that we have total control over it ... if we put our mind to it. Minds and their thoughts are all that exist. There is nothing else. How much practical time do we usually devote to the general art of being human? This practical guide to the self-healing of consciousness--it is both a spiritual psychology and a contemporary manual of the inner life--begins by laying out very clearly the unhealthy, unfree nature of today's consciousness. Methodical self-observation leads to discovering the key to the liberating consciousness from its habitual blind spots and automatisms: the realization of the universal primacy of cognition and the universal availability of its ground, the free attention. Through attention, a person who practices the author's exercises begins to expand the range of his or her possibilities of understanding and doing. The exercises--based on the Buddha's Noble Eightfold Path and Rudolf Steiner's cognitive spiritual path--lead to a new life in which superconscious intuitions gradually take the place of superconscious formations. This new life is a universal human life of improvisatory, living thinking: a life of presence, pure joy, which is health for human beings. Contents: 1. Inventory 2. The Diseased Consciousness 3. A Little Psychology 4. A Little Psychology 5. The Health of the Soul 6. The Path of Knowledge 7. On Human Freedom I concludes the presentation of a long-predicted major advance in critical human knowledge. It explains and describes the very substrate and essence of consciousness as it evolved from its primordial appearance as life on earth on up through evolution as the human ego, and hence, to the ego's transcendence as the spiritual Reality of Enlightenment and the Presence of Divinity. On the referenced Scale of the Levels of consciousness, which calibrates the levels of Truth from 1 to 1,000, Power versus Force calibrates at 850, The Eye of the I at 980, and the final volume of the trilogy, I, calibrates at a conclusive 999.8. The uncommon clarity and lucidity with which the highly evolved subject matter is presented facilitates the reader's understanding and comprehension. As with the reading of Power versus Force or The Eye of the I, the reader's level of consciousness increases measurably as a consequence of exposure to this material itself, which is presented from a catalytic, powerful field of context and exposition. Conflict is resolved within the mind of the student by means of recontextualization, which solves the dilemma. Argument and adversity are resolvable by identifying the positionalities of the ego which are the basis of human suffering. Letting Go describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr Hawkins's previous books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a practical technique by which to remove the inner blocks to happiness, love, joy, success, health and, ultimately, Enlightenment. This book provides a mechanism for letting go of those blocks. The mechanism of surrender that Dr Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development. In this bold new book, high-tech's best-known strategist makes a seminal contribution to the search for meaning in a secular era. Two questions fundamental to human existence have always been the metaphysical "where do I fit in the grand scheme of things?" and the ethical "how should I behave?" Religion is no longer a source of answers for many people, and nothing has replaced it. Moore uses his signature framework-based approach to answer these questions, taking us on an intellectual roller coaster ride through physics, chemistry, biology, the social sciences and the humanities. Along the way, he builds a metaphorical ladder that leads from the big bang to the need for ethical action in our daily lives. Combining an extraordinary range of scholarship with an accessible and entertaining writing style, *The Infinite Staircase: What the Universe Tells Us About Life, Ethics, and Mortality* provides a coherent and unified platform for a full human life. *The Secret of the Stairs* For those with a burning hunger for more... the Song of Solomon reveals the processes of God in the lives of those who seek to know Him more fully and personally. In *The Secret of the Stairs*, Wade Taylor sets forth the steps that lead to spiritual maturity and intimate communion with the Lord as depicted in the love relationship of the Song of Solomon. From the call to "Rise up...and come away," to the Bride's declaration, "I am my Beloved's and His desire is toward me," the author presents clear spiritual insight and its practical outworking based on personal experience. This book stands in contrast to the quick answers and easy methods popular today. The Psalmist speaks, "Deep calls to deep." The deeps of God are heard only in the depths of the spirit of man. This book opens the reader to a path, which leads from these depths to the mountaintop with our Lord. More than a book to read, it is food for the spirit. A new edition of this spiritual classic with a preface by Stephan Bodian, friend of the late author and the original editor of *Collision with the Infinite*. Stephan writes: "Since the book first appeared in 1996, spiritual awakening and the nondual perspective it reveals have become increasingly popular among seekers who realize the limitations of progressive practices and want more immediate access to the limitless openness and freedom of their essential nature. At the same time, a number of teachers have emerged who point directly to this truth and invite their students to inquire into their experience, rest in awareness, and realize the truth for themselves. Long before these resources were readily available, Suzanne had a powerful awakening that completely obliterated the illusion of a separate self. But in 1982 she could find no one to guide her through the process, and as a result she spent years in fear, wandering from therapist to therapist, desperately trying to cure herself of being no one, because no one in her world knew what to make of her experience. After a dozen years in the wilderness of what she describes as a spiritual wintertime, she emerged into the radiant springtime of full nondual realization. Because she awoke without a teacher or tradition, and her understanding was so complete, her detailed descriptions of how the vastness functions through these body-minds to realize itself in form are original, and fresh from their source. I'm thrilled to have this spiritual classic back in print, after years of languishing in obscurity. Now I can begin recommending it to my students once again and share with them the clarity of her vision. As I say in the afterword, Suzanne never pretended to be a teacher, preferring instead to call herself a describer of what it's like to live as the vastness. In this profound and articulate memoir, she chronicles her journey, and in the process transmits the wisdom that revealed itself to her." Editorial reviews "*Collision with the Infinite* is like a diamond on fire with living spirit, and a testament to the strange and wonderful ways that spiritual awakening can unpredictably burst forth in any one of us at any time. Read this book as what it has always been, a modern-day revelation of how spiritual presence came alive in one extraordinarily ordinary woman, and how she embodied it like the sky embodies a shooting star." -Adyashanti "A fascinating, deeply moving account of a powerful spiritual opening and the ensuing process of understanding and integration. The book dispels some of our most cherished myths about spiritual awakening-especially that it is a blissful and easy process. Awakening is not the end of the path, but the beginning of a sometimes difficult journey." -Steve Taylor Ph.D., author of *The Leap: The Psychology of Spiritual Awakening* Higher Consciousness Healing is a highly effective self-help method that has already helped tens of thousands of people to overcome their emotional, physical and relationship problems. Even children have used this approach with very good results. Higher Consciousness Healing is based on Tibetan Buddhist practices and principles but can be used by everyone who wishes to resolve their problems quickly and effortlessly. From the content: - Learn to make contact with your Higher Consciousness which is the highest form of love and wisdom in the universe- Receive guidance from your Higher Consciousness in the form of beautiful symbols- Heal your negative emotions by learning to dissolve them instead of repressing or re-living them- Follow step-by-step guidance to eliminate all self-loathing and replace it with genuine love for yourself- Improve your relationships in amazing ways by learning to penetrate other people with the love of your Higher Consciousness Tara Springett M.A. is a Buddhist teacher and psychotherapist who developed Higher Consciousness Healing in 1997. She has successfully helped her clients in many thousands of sessions with this wonderful tool. Tara is the author of numerous self-help books. www.taraspringett.com (This book was previously

published as The Five-Minute Miracle.) An accessible exploration of best-selling author's most famous work, The Map of Consciousness, that helps readers experience healing and transcendence. We are all born with a level of consciousness, an energetic frequency within the vast field of consciousness. And with The Map of Consciousness, we can truly understand the total spectrum of human consciousness. Using a unique muscle-testing method, Dr. David R. Hawkins conducted more than 250,000 calibrations during 20 years of research to define a range of values, attitudes, and emotions that correspond to levels of consciousness. This range of values-along with a logarithmic scale of 1 to 1,000-became the Map of Consciousness, which Dr. Hawkins first wrote about in his best-selling book, Power vs. Force. With the Map, Dr. David R. Hawkins laid out the entire spectrum of consciousness, from the lower levels of Shame, Guilt, Apathy, Fear, Anger, and Pride; to Courage, Acceptance, and Reason; all the way up to the more expanded levels of Love, Ecstasy, Peace, and Enlightenment. These "higher" energy fields are a carrier wave of immense life energy. An essential primer on the late Dr. David R. Hawkins's teachings on human consciousness and their associated energy fields, The Map of Consciousness Explained offers readers an introduction and deeper understanding of the Map, with visual charts and practical applications to help them heal, recover, and evolve to higher levels of consciousness and energy. This book is a light unto the path of any individual who wants to become more effective in any area of life. Human consciousness has perplexed philosophers, artists and scientists for centuries. Some hold it to be purely physical, while others believe it transcends the material world. Now comes a book that offers a new perspective - based entirely on evidence from the natural sciences - whereby materialism and dualism co-exist. The author - a distinguished pioneer of nonlinear dynamics - bases his argument on a hierarchical view of mental organization; a stairway. Atoms give rise to molecules, neurons form the brain and individual consciousness leads to shared culture. All steps are needed to complete the picture and each level derives from the previous one. The book shows specialists how each of their fields adds to the overall picture, while providing general readers with an introduction to this investigation. Discusses research findings, clinical procedures, and theoretical bases for the application of orthomolecular principles to cases of schizophrenia, alcoholism, and drug addiction where perceptual dysfunction and chemical-nutritive brain imbalances are indicated. Bibliogs

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