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A ground-breaking modern manual on an ancient art, Real Alchemy draws on both modern scientific technology and ancient methods. A laboratory scientist and chemist, Robert Allen Bartlett provides an overview of the history of alchemy, as well as an exploration of the theories behind the practice. Clean, clear, simple, and easy to read, Real Alchemy provides excellent directions regarding the production of plant products and transitions the reader-student into the basics of mineral work—what some consider the true domain of alchemy. New students to practical laboratory alchemy will enjoy reading Real Alchemy and hopefully find the encouragement needed to undertake their own alchemical journey. Bartlett also explains what the ancients really meant when they used the term “Philosopher’s Stone” and describes several very real and practical methods for its achievement. Is the fabled Philosopher’s Stone an elixir of long life or is it a method of transforming lead into gold? Judge for yourself. An herbal magick grimoire of philtres, elixirs, essential oils, incense, and formulas with dozens of recipes from a trusted author. Herbs have been used for medicine, magic, and ritual for centuries. The ancient arts of herbal alchemy and herbal magick combine the healing and energizing effects of herbs (roots, leaves, flowers, resins,

and essential oils) with the cycles of the natural world - the astrological movement of the stars and planets, and the cycles of the earth's seasons. In this easy-to-use compendium of herbs and their energy associations, master herbalist and magick practitioner Karen Harrison offers formulas anyone can use to obtain courage, creativity, lasting health, prosperity, and enhanced psychic and spiritual powers. Harrison shows how to select herbs based on their astrological associations as well as their medicinal properties. With a materia magica of more than 150 herbs and a multitude of recipes, readers will learn how to blend incense, ceremonial oils, bath salts, herbal amulets, fluid condensers, and herbal philtres and how to use them in meditation, ritual, or energy work. More than magic... Where else can one combine chemistry and philosophy to turn base metal into gold while discovering a magical elixir to prolong life? Here's a simple and straightforward guide to alchemy that explains its basic principles. Written by one of the world's few practicing alchemists, it's a concise reference guide that provides easy-to-follow information so that anybody can be a wizard-in-training. Traditional Chinese edition of The Beginner's Guide to Alchemy First Published in 1926. Routledge is an imprint of Taylor & Francis, an informa company. A modern-day alchemist reveals the secrets of alchemical transmutation, explaining how an alchemist can exert influence over people and events to transform the harmful into the helpful and the useless into the valuable. Over 300 pages of information about herbs, crystals, vitamins, minerals and their sources. An indispensable reference guide. Dahl has years of research to share. The purpose of this book is to raise your level of consciousness through a process that is based on alchemy, the ancient science of transforming something from the ordinary to the extraordinary. The step-by-step process, while adhering to the precise sequencing of alchemy, allows for a deeply personalized experience. No two people will experience the path to higher consciousness in the same way. What is unique about this book is that it brings together the works of many brilliant minds of our time - spiritualists, quantum physicists, biologists, cosmologists, and mathematicians - into a cohesive and ordered methodology. You unleash the power and wisdom held within to

be true and sovereign, and in so doing create a life of meaning, vitality, and profound inner peace. It is a lifelong journey of ever deepening exploration and understanding; to becoming the person you were always meant to be. This is an adventure story about a young shepherd boy who learns how to live his dreams. This is a story which has been compared to the works of Richard Bach, and is aimed at the young and old alike. A detailed, step-by-step introduction to alchemy that explores its mysteries while illustrating its use as a modern spiritual system of attainment, including an overview of the history of alchemy, from the first meldings of Egyptian technology, through the Middle Ages--the golden age of alchemy--right up to contemporary techniques. It demystifies the relationship between alchemy and chemistry, and provides evidence to detractors that alchemy is much more than a medieval form of psychotherapy.

GROW HEALTHY NATURAL HAIR WITH NATURAL HAIR PRODUCTS! Transform your hair today the natural way with all natural beauty formulas that showcase the best ingredients in natural hair care. Kink Alchemy invites you to a world of 'clean' natural hair products without all of the additives. You will be transformed into a beauty alchemist by the end of the book. Having hair issues like dry hair, itchy scalp, breakage and lack of luster? These hair recipes turn into **HAIR SOLUTIONS** solving all of your hair issues one formula at a time. With hair recipes like: Moringa Hair Butter, Black Soap Hair Wash, Papaya Reverse the Breakage Mask, Frangipani Oil, Coconut Styling and Conditioning Milk, Lemongrass Twist Mist and much more! Learn **SECRET** Caribbean hair recipes and techniques Customize your own blends to share with family and friends **GROW** healthy hair paired with good maintenance practices Learn how to store your products safely to maximize the benefit **WITH FULL COLOUR PHOTOGRAPHS** Full of original, ingredient-driven recipes for cocktails, mixers, garnishes, and bitters, this book by a cocktail expert for master chefs shows readers how to transform spirits and flavors into inspiring, mouthwatering drinks. In bars and restaurants across America, drinkers are being exposed to the artistry of the modern cocktail. Alchemy in a Glass takes readers on a journey of the palette and teaches them the art of balancing

flavors, mixers, and spirits with the expert guidance of cocktail craftsman Greg Seider. Seider, who has created cocktail programs for top bars and restaurants in New York and Los Angeles, approaches cocktail creation as the art of understanding how flavors work together and develop over the course of a drink. He prizes the use of fresh, seasonal, and homemade ingredients to infuse and garnish his drinks. Drawing on his experience developing cocktail programs for chefs such as Eric Ripert, Seider goes beyond recipes to show readers how flavors work, giving them blueprints for constructing a balanced drink. Seider shares inspired recipes for more than fifty original cocktails as well as classics with a twist and recipes for bitters, garnishes, infusions, and elixirs. This is the perfect companion book for food lovers and a must for home mixologists. The author of this book, Dennis William Hauck, is a Hermetic scholar versed in both Eastern and Western techniques of alchemy and widely recognized as one of the world's leading experts on the subject. Now, in this book, he makes alchemy's secrets and powers accessible to everyone with the desire to experience physical, mental, and spiritual transformation. By providing clear explanations, moving meditations, and hands-on experiments making tinctures and elixirs, this beautifully illustrated guide passes on the knowledge and creative energy of alchemy's magnificent discipline—sending a golden arc of learning from thousands of years in the past into your life today. Hauck presents a fascinating history of alchemy—from the ancient Emerald Tablet to modern quantum chemistry - and elaborates on its arcane principles in an intimate, conversational way that anyone can understand. His portrayals of individual alchemists bring them alive and show how they built on each other's work through an “Underground River” of secret knowledge passed down through the ages. Whether it is viewed as a historic precursor to chemistry, a path to psychological integration, or an advanced spiritual discipline, the ancient art of alchemy holds great fascination and promise for the modern reader. However, sifting through the arcane symbols and multilevel terminology of the secret art often proves a daunting task for those seeking to grasp the truths of alchemy in the original writings of the alchemists. That is

where this handy little guide comes to the rescue with charts of alchemical ciphers, a comprehensive dictionary, and clear explanations of the symbology. There is also a keyboard layout code for a complete set of alchemical fonts, which can be downloaded for free from the publisher's website. Unlock the power of your dreams to lead you on the ultimate journey of self-discovery and personal growth. Roughly one-third of our lives are spent sleeping. We know that sleep is vital for rest and rejuvenation, but what if this time could be used for something more? What if our dreams really are telling us something? Psychologist and dream expert Athena Laz has dedicated her career to uncovering the wisdom of our dreams and revolutionizing what it means to be in touch with ourselves and the universe. Packed with exercises and step-by-step instructions, *The Alchemy of Your Dreams* teaches readers how to interpret their dreams in order to achieve more in their waking lives. From improved mental well-being to enhanced spirituality, this groundbreaking book provides a road map to: Decoding your dreams to uncover their innate guidance Learning the ancient art of lucid dreaming & discovering the incredible gifts that accompany the practice Rekindling the connection to your unconscious and subconscious mind through your dreams Understanding the specific dream figures and symbols that appear in your dreams Exploring the world of consciousness and gaining clarity on who you really are Unleashing creativity and overcoming past pain for greater well-being For anyone who has ever felt that their dreams have true import and meaning, this book provides the exact tools needed to unravel their symbolism and harness their power to transform our lives. "Kryon speaks of new human empowerment and says that we all meta-phorically "stood in line" to be here on the planet at this particular time. Can we really become different? Can we actually create our own reality or heal ourselves? Absolutely!" Packed with everything from ancient recipes for glues, varnishes, and paints to spiritual preparations of herbal tinctures and oils, including magical formulae and practices of alchemy, *The Alchemist's Kitchen* will appeal to anyone fascinated by the past and by the occult world. Guy Ogilvy takes you inside medieval laboratories and

kitchens, revealing the hows and whys of mythical recipes and concoctions. Unlock the lost and hidden meanings of the world's ancient and modern signs and symbols with the latest in the hugely popular series of 'Element Encyclopedias'. This is the biggest A-Z reference book on symbolic objects you'll ever find. "My sincere hope is that everyone will read this treasure trove of essential inner knowledge. This book is a magnificent accomplishment." -- Caroline Myss, author of *Anatomy of the Spirit* Alchemy is the science of transformation—how to change one thing into something else. In *The Alchemy of Inner Work*, Dechar and Fox examine how illness, suffering, and dis-ease—the “lead” of our lives—can become the “gold” of our authentic selves, and the key to good health and well-being. Drawing on traditional Chinese medicine, Eastern and Western alchemical traditions, Kabbalah, and Jungian psychology—plus case studies from working with patients—the authors provide hands-on insights for bringing “the soul of medicine” back into our lives. The book includes: A simple introduction to the ancient practices and principles of alchemy How the alchemical model offers a profoundly new path to true health and well-being An array of practices for removing the barriers that block our own healing energy An invitation to alchemical “dream work” as a support on the path of healing Transform your life with the principles of alchemy--a beginner's guide Alchemy is an age-old mystical science based around transforming yourself and the world around you for the better through purification of objects into their highest forms. *The Beginner's Guide to Alchemy* welcomes you to the alchemical world, distilling and demystifying alchemy's concepts on the path to improving your life by embracing the alchemist within! Examine alchemy's historical roots and basic principles, including an overview of its three primary facets: physical, spiritual, and mental. You'll find an easy-to-digest primer on the importance of using earthly elements to refine substances, before diving into the Great Work and alchemy's influence on contemporary scientific and creative fields, like chemistry, psychology, art, and literature. *The Beginner's Guide to Alchemy* includes: Alchemical images--Explore illustrated sections on notable alchemists, like Nicolas Flamel, Christina of Sweden, and Albert Einstein-

-as well as clear charts on the Ladder of the Planets and their corresponding elemental associations. Magnum opus--An in-depth, digestible overview delves into the phases of the Great Work: including Nigredo, Albedo, and Rubedo, among others. Alchemy apprentice--Thoughtful experiments and insightful exercises make alchemy relevant and accessible with insightful activities and introspective journaling exercises. Discover the transformative, purifying powers of alchemy and change your life with this beginner's guide. Ride Alchemy is the ultimate resource guide. It provides a detailed tool kit for indoor cycling teachers and enthusiasts, complete with 26 fully laid out workouts that are endlessly challenging, satisfying and varied, and that include QR links to incredible music playlists. Hana explains how you can transform your outlook not just on your workout, but on your entire life. ridealchemy.com The magic and mystery of the ancient craft revealed for a new, modern age It's completely understandable if you're in the dark about alchemy. It has been practiced around the world and linked to various religious rites, scientific experiments, and of course, magic--a series of beliefs and disciplines that defy categorization and definition. The Awakened Life: Alchemy demystifies this ancient art with an easy-to-understand overview of its history, philosophies, and practices. This new edition, published over a decade after the original, offer even more essential information and tools. In it, you'll find: The basic principles of alchemy--including the Three Essentials that are present in all things The alchemist's code--ciphers, signs, symbols, and sacred geometry A list of tonics, elixirs, and other alchemical medicines An explanation on the three stages of alchemical transformation A look at the relationship between alchemy and science A focus on how to trigger personal transformation using the psychological and spiritual techniques of alchemy It's time to apply these powerful principles to your life to gain increased energy, awareness, and understanding! Phanes (fa-nays) means "manifestor" or "revealer", and is related to the Greek words "light" and "to shine forth". Phanes Press was founded in 1985 to publish quality books on the spiritual, philosophical, and cosmological traditions of the Western world. Since that time, we have published 45 books,

including five volumes of Alexandria, a book-length journal of cosmology, philosophy, myth, and culture. The year 2000 marks our fifteen-year anniversary, and we are working to bring out more interdisciplinary works, including books on creativity, psychology, literature, and the intersections between science, spirituality, and culture. How the stages of the alchemical process relate to psychological and spiritual growth. The definitive guide to the principles and practice of low energy transmutation. A roadmap for the science of the future. Becoming the Master of your own UNiverse starts with little changes and commitments then becomes a whole new lifestyle. Helping yourself so you are in a position to help others isn't selfish, it's selfful. This book is dedicated to those looking to free your mind! All Praises to the Most High! Formerly handed down under oath of secrecy, this clear, concise handbook discusses: the fundamental principles of alchemy; directions for the formation of an inexpensive home laboratory, with illustrations of the necessary equipment; step-by-step instructions for the work of the Lesser Circulation, the alchemical transformation within the plant kingdom?the necessary prerequisite for any work in the mineral kingdom. In The Weiser Concise Guide to Alchemy, Brian Cotnoir offers a detailed, stepbystep introduction of Alchemy that explores its mysteries while illustrating its use as a modern spiritual system of attainment. He provides an overview of the history of Alchemy, from the first meldings of Egyptian technology, through the Middle Ages--the golden age of alchemyright up to contemporary techniques. He demystifies the relationship between Alchemy and chemistry, and he provides evidence to detractors that Alchemy is much more than a medieval form of psychotherapy. (The guide includes practical laboratory experiments that safely, and intelligently, lead readers to an understanding of this ancient art and spiritual practice.) From the introduction: Brian describes this book as the one he wishes he had available when he began his lifelong study of Alchemy. I challenge any reader to find a more succinct and clear guide to this science and art. The Weiser Concise Guide to Alchemy is replete with actual exercises of the alchemical art such as: distillation and further processes to extract aqua vitae and the 'spirit of wine' the

purification of salts through calcination, crystallization, and sublimation advanced processes for obtaining such alchemical precursors as Archaeus of Water, Oil of Tartar, and the Spirit of Wine of the Sages herbal work for obtaining spagyric tinctures, magistries, ens, and stones mineral work for obtaining the salts and oils of metals. The Weiser Concise Guide to Alchemy makes Alchemy a viable and valuable modality that can be used for understanding and working in concert with the energies of Nature for spiritual development, healing, and transformation. Complete with alchemical engravings from the Middle Ages as well as useful charts and diagrams, this illuminating handbook will teach aspiring alchemists to protect, rejuvenate, heal and meet their highest potential as a human being. Life without myth, the vital force of archetypal experiences, is life filled with maladies, neuroses, addictions, and disease. Alchemy of the Soul retells the myth of Eros and Psyche to help readers reconnect mind and relatedness to find wholeness and deep meaning. Author Martin Lowenthal describes how the story of Eros and Psyche illustrates the alchemical process of marrying soul and matter so that life can be lived with more joy, meaning, and a tangible sense of divine love. The book is divided into three parts: • Part 1 is a beautiful retelling of the myth of Eros and Psyche. • Part 2 examines the power of myth and alchemy and shows how spiritual alchemy can restore and transform the soul. • Part 3 is an initiation into the alchemical mysteries using myth as mentor. Lowenthal writes, "The story assails the defenses of our mind and our reactive habits and seeks to wrest a victory for life and growth from the inertia of daily habits and confusion. It initiates us into a world far more vibrant, rich, and nourishing than the one we knew in childhood and naively, yet regressively, settle for. In this sense, story reveals what happens as we attempt to spread our emotional wings in the developmentally confining domain of our childhood home and community and what it takes to make something significant of ourselves in ways that feed the future. As guests of the story, we discover the larger sacred garden in which we emerge as a unique and beautiful flower in a bed of exquisite blossoms, each one unique and essential." Alchemy of the Soul takes alchemy from the realm of the esoteric and

places it in practical terms of story—terms that anyone can understand, value, and use as a guide to life. Light on the Path - A Study Guide for Qabala, Alchemy, and Astrology from the Institute for Hermetic Studies is a self-paced program for the study and practice of Western esotericism. Using Hermetic Qabala as its core, individuals or groups can use this program to progressively study and apply the principles of ritual magic, practical alchemy (spagyrics and mineral) and astrology (natal, horary, and mundane). Designed as a four year course of study, each "Year" is approached in twenty-four bi-weekly sessions (for groups meeting twice a month) or can be done at your own pace. Each "Year" has two sets of twenty-five questions which can be used as quizzes or catechisms to test one's level of proficiency for review or before moving on to new material. Standard off-the-shelf sources are suggested for use through-out the course, making it easy to obtain the needed references. In addition, students are given: Instructions on How to Use this Manual Articles on studying the tarot, the essential Hermetic attitude for success, and the Path of Awakening. Suggestions for working with various schools as well as non-ritualistic approaches. A Concise Explanation of the Stages of the Path of Return - specifically written for this manual, outlining the stages of the Path and how to self-assess your progress on both an exoteric and esoteric level. Extensive Ritual Protocols to help guide groups working in a ritual setting. Some Advice to Group Leaders and Members - a summary of key points for running an effective spiritual study group - regardless of tradition or approach. Sample Ritual of Jupiter originally written and performed in the Great Hall of the Villa Saraceno, Vicenza, Italy for the Palladian Academy. Extensive monograph entitled, Introduction to Hermeticism: Its Theory and Practice The Liturgy of Hermes - In Praise of the Lord of Light, a ritual for solitary or group practice, used primarily as a hermetic retreat for encountering the spiritual focal point of the Hermetic traditions - the mind of Thoth-Hermes itself. In the bestselling tradition of Stuff Matters and The Disappearing Spoon: a clever and engaging look at materials, the innovations they made possible, and how these technologies changed us. Finalist for the 41st Los Angeles Times Book

Award in Science and Technology and selected as one of the Best Summer Science Books Of 2020 by Science Friday. In *The Alchemy of Us*, scientist and science writer Ainissa Ramirez examines eight inventions--clocks, steel rails, copper communication cables, photographic film, light bulbs, hard disks, scientific labware, and silicon chips--and reveals how they shaped the human experience. Ramirez tells the stories of the woman who sold time, the inventor who inspired Edison, and the hotheaded undertaker whose invention pointed the way to the computer. She describes, among other things, how our pursuit of precision in timepieces changed how we sleep; how the railroad helped commercialize Christmas; how the necessary brevity of the telegram influenced Hemingway's writing style; and how a young chemist exposed the use of Polaroid's cameras to create passbooks to track Black citizens in apartheid South Africa. These fascinating and inspiring stories offer new perspectives on our relationships with technologies. *Garden Alchemy* is a hands-on guide for do-it-yourself gardeners who want to turn their garden into gold using natural recipes and herbal concoctions (while saving both time and money!). This gardening recipe and project book is packed with over 80 ideas to naturally beautify your garden, using organic methods that regenerate your soil and revitalize your plants. By following the processes that are closest to nature, it brings the gardener in sync with the garden, allowing plants to thrive with less effort and less cost. Recipes for mixing your own potting soils and homemade organic fertilizers give you the freedom to choose what ingredients make their way into your garden. Step-by-step instructions for building a compost pile, concocting soil tests, and constructing inexpensive DIY seed-starting equipment are accompanied by gorgeous, full-color, step-by-step photography. You'll also find recipes for natural pest deterrents and traps, garden teas, and growth-boosting foliar sprays to help your garden grow strong all season long. *Garden Alchemy* starts with home experiments to help you get to know your soil and customize recipes for your individual needs. The rest of the chapters share how to decipher and combine natural ingredients to make the best quality amendments and elixirs. Detailed descriptions of earth-based materials

demystify common ingredients, such as mycorrhizae, biochar, and greensand, and help you learn how to fix common garden problems with minimal effort. The simple method of making use of what you have available supports plants better than brand-name products. Dozens of recipes and projects include: Homemade seed bombs, disks, and tapes Granular and liquid natural fertilizer recipes DIY rooting hormone Herbal anti-fungal spray Plant propagation instructions Soil care recipes to adjust the pH and manage fertility 13 specialty potting mixes 7 clever traps for common garden pests Written by Stephanie Rose, the creative gardener, permaculturist, and herbalist behind the popular website *Garden Therapy*, this fun and beautifully illustrated book is packed with great ideas and inspiration for DIY gardeners who want to embrace their creativity and have more control of the garden's care. From antiquity to the Enlightenment, astrology, magic, and alchemy were considered important tools to unravel the mysteries of nature and human destiny. In this latest volume in the popular *Guide to Imagery* series, Battistini presents a careful analysis of occult iconography in many of the great masterpieces of Western art, calling out key features in the illustrations for discussion and interpretation. A complete list of dreams and their meaning with magical dream alchemy practices to transform your life. Your dreams contain wisdom and insight about your waking life ? that's why they are so important. Using *Dream Alchemy* you can discover the meaning of your dreams and nightmares and then apply the dream alchemy practices to create positive life change. Included is information about how to: * Stop uncomfortable recurring dreams * Identify emotional obstacles and release them * Create more fulfilling relationships * Discover your talents and life purpose * Heal the past * Work with the emotions and feelings in your dreams * Transform fearful dreams into loving visions * Tap into your creative source * Identify your spiritual lessons and move forward * Use your dreams to strike personal and spiritual gold * Design your own dream alchemy practices. Jane Teresa Anderson is the author of several books on dreams and dreaming. She has presented *Dream Talk Back* for various ABC radio stations since 1992. Her Dream Network website www.dream.net.au hosts an active

online community of dreamers from all over the world. "Do you want to cheat death? If you said yes, then this is just the book you've been looking for-- the guide to immortality! Discover the ways people have attempted to live forever ... or died trying"--Page 4 of cover. Combines shamanism, alchemy, and energy medicine to create a unique healing modality • Explores how to turn the base substance of who you are--the dark mystery of your subconscious--into the alchemical gold of knowledge and enlightenment • Includes techniques of distant healing and working with power animals and plant, mineral, and elemental spirits • Shows how to utilize the Universal Life Force to reawaken inherent healing abilities Alchemical Healing brings together innovative techniques of shamanism and energetic healing with the principles of alchemy, creating a practical form of physical healing, therapeutic counseling, and spiritual growth. The author provides ways to integrate spirit and matter, to develop communications between divinity and humanity, to retrieve knowledge, and to influence physical reality in order to achieve healing and transformation. With simple directions, readers are guided through attunements and empowerments that access the Universal Life Force energy and a five-element system for healing themselves and others. They learn powerful techniques, such as psychic surgery, distant healing, and how to work with power animals and plant, mineral, and elemental spirit guides. Alchemical Healing presents a sacred journey into the most profound principles and mysteries of creation. It offers both an art form and a spiritual path that develops one's ability to co-create the future with the wisdom of the spirit world. Find a more authentic and empowered version of yourself through alchemy Alchemy is the process of physical, emotional, and spiritual metamorphosis that turns someone into an improved version of themselves. Transform Your Life with Alchemy is full of introspective and meditative exercises that help you use the power of personal alchemy to create a more refined and true self and live with more openness, balance, and joy. Easy alchemical exercises--Meditations, mantras, visualizations, chakra

work, and journal prompts help you develop holistic self-worth in mind, body, and spirit. Explanation of the 7 stages--Find breakdowns of every stage of alchemy, from identifying what casts shadows over your life, to building on the things that bring you peace and satisfaction. Tips for overcoming roadblocks--Explore practical strategies for reassessing and pushing forward when you feel your personal growth stalling. Get in touch with your inner self and develop a peaceful, harmonious state of mind with this guide to alchemy. Bestselling author Pedram Shojai, "The Urban Monk," presents a comprehensive guide on how Taoist alchemical practices can help you release stress, harness life force energy, and awaken your true self. "We have fallen asleep to the knowledge of our true nature, and now it is time to wake up." —Pedram Shojai There is a way to break free from trance of modern life and awaken to your true, limitless nature. The path lies in an ancient system of Taoist alchemy, and with Inner Alchemy, qi gong master, physician, and former monk Pedram Shojai presents an in-depth guide for harnessing the transformational power of this wisdom in your own life: Part 1 lays out Taoist principles and philosophy for understanding the body's energy matrix and the nature of our current challenges—all in down-to-earth language Part 2 covers specific exercises and techniques for mastering your energy and awakening your true power—including diet, meditation, exercise, sleep, lifestyle tips, and traditional qi gong sets Part 3 provides an advanced exploration of traditional Taoism for modern times, along with a 100-day practice formula to help you regulate your energy, wake up from the hypnotic daze of daily life, and make the world we live in a better place "The process of turning the material 'lead' of our human experience into the 'gold' of awakening is the essence of this ancient science of spirituality," writes Shojai. "My promise is that if you practice what you learn in this book, your life will change in ways that you have never imagined."

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