

# Psych K Techniques

**Laurel Wilson, Tracy Wilson Peters**

*The Biology of Belief* Bruce H. Lipton, 2010-03 Author Lipton is a former medical school professor and research scientist. His experiments, and those of other leading-edge scientists, have examined in great detail the processes by which cells receive information. The implications of this research radically change our understanding of life. It shows that genes and DNA do not control our biology; that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts. Dr. Lipton's profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics is being hailed as a breakthrough, showing that our bodies can be changed as we retrain our thinking.

*Joyful Recovery from Chronic Fatigue Syndrome/Me* Sasha Allenby, 2008-07 Drawing on cutting-edge science, this empowering book teaches solution-focused approaches to overcoming Chronic Fatigue Syndrome and Myalgic Encephalomyelitis through world-renowned Emotional Freedom Techniques.

**Spiritual Prescriptions for Turbulent Times** Cathy Thomas, 2013-01-31 If pain relief is what you need, you have the right book. There is something here for anyone who needs emotional support. Our world is in upheaval, and we are feeling the effects. The result? We feel overwhelmed, anxious, one day up and the next day down. If this sounds familiar to you, then this book is just what the doctor ordered. In *Spiritual Prescriptions for Turbulent Times* you will find practical tools—the prescriptions—to help you feel better now. Cathy Thomas and Leslie Evelo, with over fifty years' combined experience in the field of trauma therapy, have collected the most effective methods for restoring your emotional balance and renewing your energy. Drawing from alternative and non-traditional healing methods, the authors offer you positive and powerful techniques that you can use on your own or in addition to psychotherapy to: soothe your frazzled nerves reconnect to your inner guidance release your negative energy experience deep peace in the midst of chaos "At last . . . a book that heralds the new era of Energy Psychology with a commonsense prescription for holistic health. Cathy and Leslie have masterfully woven science, spirituality, and life stories together to share powerful healing techniques for body, mind, and spirit. Personal transformation is possible by following the advice shared in this book. A magical prescription for your personal holistic healing is right here for the taking!" —Deb Selway, PhD, author, *Women of Spirit* "Spiritual Prescriptions for Turbulent Times is a wise and practical how-to guide for transforming your energy and raising your personal vibration. It offers an

approach to healing yourself that is the basis for healing the world.” —Marci Shimoff, #1 NY Times bestselling author, *Happy for No Reason, Love for No Reason, Chicken Soup for the Woman’s Soul*

From Sensitivity to Resilience Claire Sookman, 2024-01-01 From hope to healing, your path is illuminated Within these pages, you will discover a heartfelt exploration into the world of Electromagnetic Hypersensitivity (EHS), a condition that remains enigmatic to so many. Through the lens of Claire Sookman's personal journey, this book delves deep into the emotional and physical landscapes of EHS, capturing the essence of struggle, hope, and eventual triumph. It's a narrative that resonates with the raw emotions of living with a condition that's often misunderstood, highlighting the profound impact it can have on one's daily life. Interwoven with Claire's personal experiences are expert insights, particularly from William Holland, an electrician with a specialization in EMF mitigation. The book seamlessly blends personal anecdotes and practical strategies, offering readers a holistic view of EHS. As someone who has walked this challenging path, Claire embodies the idea that healing is a journey, not a mere event, and the themes of healing, daily practices, mindset, resilience, communication, and self-advocacy run strong, emphasizing the importance of creating safe environments, recognizing symptoms, enduring challenging days, and the healing power of support. At its core, this work stands as a testament to human resilience and the indomitable spirit's capacity to heal and overcome. It unfolds as a journey of discovery, understanding, and hope, providing solace to those affected by EHS and enlightening those unfamiliar with its challenges. Let the words within be a beacon of hope, a wellspring of information, and a touchstone of empathy in the vast landscape of health and well-being.

**101 Tips for Chronic Pain Relief** Alan E. Smith, *Pain*. It can be low, pounding, never-seems-to-go-away pain or stabbing, piercing, want-to-scream-at-the-top-of-your-lungs pain. I've watched chronic pain slowly eat away at a life. Sixty years ago my mother was one of the first to have a new surgical procedure to relieve her pain. It didn't work. Years later her pain finally ended her life shortly after her 40th birthday. What is pain? You know what it is: it's your nervous system telling you that something isn't right and it hurts. Pain is a complex process and it can vary from one person to the next even if they have similar injuries or illnesses. The American Chronic Pain Association simply says that It's hard to know how to move forward once chronic pain has entered your life. It helps to think of a person with chronic pain like a car with four flat tires. It may take more than one type of therapy or treatment to get the car (your life) moving again. A thorough collection of things to consider if dealing with chronic pain. Drugs, modern and alternative, OTC and ones to avoid. Treatments new and medieval. Just enough information about each option to let chronic pain sufferers know whether this is an avenue they should pursue. --Jeff H. This book will expand your possibilities for finding an effective source of chronic pain relief. More than just a list, Alan Smith explains each entry in layman's terms while also providing background information, research credentials, advantages and disadvantages, with helpful warnings about possible side effects or addiction. --Bob Moody, author of *The*

Terror of Indiana: Bent Jones & The Moody-Tolliver Feud Chronic pain issues combined with poor meds management can be lethal. Smith's book offers new hope for the not-infrequently damaging and sometimes possibly lethal pain management programs of the past. I am excited by the future possibilities within. --Molly G. From the 101 Tips Series Loving Healing Press

*I Am Phoenix* Cecilia Lindhe, *I Am Phoenix: How to Rise from the Ashes of Narcissistic Abuse* is not just a book—it's a powerful roadmap to transformation for survivors of narcissistic abuse. With a unique blend of tough love and deep compassion, this book walks readers through every stage of healing, providing practical, science-backed techniques that rebuild self-worth, rewire the subconscious, and restore inner peace. What This Book Covers This book is a step-by-step guide to breaking free, healing deeply, and stepping fully into personal power. It doesn't just explain narcissistic abuse—it provides concrete strategies to overcome it. □ Key areas of focus include: □ Understanding and breaking the trauma bond □ Rebuilding self-worth and identity after emotional abuse □ Rewiring subconscious beliefs using EFT, NLP, EMDR, PSYCH-K, Breathwork, Meditations, and Mantras □ Setting unshakable boundaries without guilt □ Manifesting healthy love, joy, and abundance after toxic relationships With a 4-week treatment plan, real-life survivor stories, and deep healing exercises, *I Am Phoenix* offers survivors a clear path forward—one that leads to true freedom, confidence, and empowerment. What Makes This Book Stand Out? 1. It's Not Just Theory—It's a Healing Experience Unlike books that focus only on understanding narcissism, *I Am Phoenix* is action-driven. Every chapter provides guided exercises, tapping scripts, and subconscious rewiring techniques that create real transformation. 2. A Holistic Approach to Healing The book seamlessly blends science-backed healing methods with spiritual empowerment, making it a complete guide for survivors who need both emotional and energetic recovery. 3. Practical, Easy-to-Follow Treatment Plan The 4-week healing program provides a structured yet flexible approach that readers can customize based on their needs. Whether using EFT for emotional release, NLP for confidence-building, or EMDR for trauma processing, readers will find powerful tools to reclaim their lives. 4. Tough Love Meets Deep Compassion The author's voice is both fierce and nurturing, making this book a wake-up call and a warm embrace all at once. Survivors are reminded that healing is possible, powerful, and within reach. Who Should Read This Book? □ Survivors of narcissistic abuse from relationships, family, or friendships □ Anyone struggling with low self-worth, trauma bonds, or emotional dysregulation □ Those looking for a practical healing method that goes beyond traditional talk therapy □ Readers who want to rewire their mind, body, and soul for full empowerment Final Verdict: A Must-Read for Every Survivor *I Am Phoenix: How to Rise from the Ashes of Narcissistic Abuse* is more than a book—it's a survival guide, a transformational workbook, and a powerful call to reclaim your life. If you are ready to break free, heal deeply, and step into your power, this book is your ultimate roadmap to becoming unstoppable.

Business Visibility Holly Worton, 2016-07-25 Get fast and easy results in your business by making yourself more visible, both online and offline, so your ideal clients can easily discover you. This book will help you identify the visibility blocks that

are holding you back from being more visible in your business. Once you've identified these blocks, then it's easy for you to take action to make the changes in your business mindset. Transforming your business mindset by releasing your visibility blocks can simply make business easier: having the right belief system can help entrepreneurs to release fear of visibility, set aligned prices for their products and services, and easily take inspired action to grow their business. It can help them easily take the actions they need to take to become more visible. If you're struggling to build your business because of low visibility, or if you're simply feeling stuck at a plateau and are frustrated with trying to take your business to a new level, you might benefit from upgrading your business mindset. This book is an short introduction on how you can get clear on which specific business beliefs may be holding you back from being more visible with your business: there's no verbose theory or fluff, just the basics to get you started on releasing your business blocks and transforming your mindset for business visibility. It's designed to provide you with the information as quickly and simply as possible, so you can easily identify the areas of your entrepreneurial mindset that are affecting your visibility, and then get to work releasing your business blocks at the subconscious level. This book will help you to dig deeper so you can explore what's making you play small and avoid taking your business out to a bigger audience. The deeper you dig to discover your blocks, the easier it is to find the core of the issue that's stopping you from having that dream business today. This book is for you if: \* Something isn't quite working in your business, but you're not sure what. You've had great results with the few clients that you've had, but it seems to be feast or famine, and you haven't yet been able to tap into a steady stream of clients. \* You've got enough clients for your low cost online course, but you can't manage to get enough people onto your VIP program. You know you've got to put yourself out there in a bigger way, but you just haven't managed to do it. \* You know your business mindset needs some upgrading to help you get your business in front of your ideal clients. \* You're willing to take an honest look at what might be holding you back from making yourself more visible, both online and offline. \* You're ready to take action to transform your business visibility. It's usually not lack of business or marketing knowledge that holds us back in business: that's all easy to learn. It's our entrepreneurial mindset that stops us from creating the business we want. If you've ever struggled with self confidence, self esteem, or even setting prices that reflect your true value, then it may be time to explore how you can release your business blocks and create a business mindset that's ready to create success. In this book, you will learn: \* How your beliefs and mindset affect your business visibility \* Why business visibility is about more than just the actions you take \* How to discover your visibility blocks so you can easily transform them \* How you can change your beliefs at the subconscious level \* How to harness the power of the subconscious mind and increase your business visibility

**Finding a New Direction. How to Survive and Thrive During Major Life Transition** Judith Albright, Rachel Lane, 2009

The Power of Conscious Living Sandra Kendrew, 2012-01-30 The world is going through difficult and challenging times,

as is humanity, which is awakening rapidly. The Earth is a reflection of each and every one of us, and vice versa. We need to start healing the world by changing our thoughts, beliefs and living consciously in every moment. Once we create a shift in our own consciousness, as this book will show, we will change the world, and regain peace and harmony. Find the key to true lasting happiness in this book, and enjoy the freedom, truth, and awakening as you read it. We have the choice in life: just exist, give up and die, or take an evolutionary leap, go beyond limiting beliefs, find the truth, and free yourself. Become a co-creator of your life, not a victim to anyone or anything. Rewrite your life script and live life consciously in each moment. Stop just existing, and miracles will happen. There is cellular intelligence that is communicating constantly throughout the body, which leads us to know that the information in cells, genes, and DNA can be changed. Learn how to release yourself from emotional bondage once and for all, develop your intuition, heal yourself, others, and detrimental environmental energies causing ill health. Included with this life-changing information are easy-to-follow exercises to incorporate into your life. Start now, awaken, and live consciously!

I Can Take it from Here Lisa Forbes, 2022-06-07 An emotional, page-turning account of unhealed trauma and personal transformation that will break your heart and change your mind, in the tradition of Somebody's Daughter, A Piece of Cake, and Jesmyn Ward's Men We Reaped Riveting, honest, and raw, I Can Take It From Here recounts Lisa Forbes's harrowing journey into darkness — including a fourteen-year-long stint in a maximum-security prison — and her fierce resolve to understand the effects of the trauma she endured, to take personal responsibility for her actions, and to ensure that her history does not dictate her destiny. The youngest of six children, Lisa grew up in a Chicago housing project where she endured sexual, religious, and emotional abuse as a little girl. A voracious reader, she graduated high school at 15 and went to work as a secretary in a downtown insurance office, became pregnant at 16 and, at 19, unexpectedly and uncharacteristically committed a violent act, stabbing and killing the father of her daughter. Providing powerful insights into what we as a society need to learn and confront in the ongoing epidemic of mass re-incarceration, Lisa is a stunning example of an individual who through determination, knowledge, and hard work has been able to reclaim her own life. The book ends with Lisa's rousing call to action to support the people—as well as the shorthanded employers—who need the help, and need each other, more than ever.

Advice from a higher Source: channelled messages of love and support through life's challenging moments. Dr. Jodi-Anne M Smith, 2018-01-14 This book contains channelled answers to 85 questions asked about life. When Jodi-Anne found herself pondering a difficult situation or feeling, she asked for guidance on the most effective way to move forward, to heal, and find peace. She shared this guidance via her website. Now, for the first time ever, the answers are collated into a book enabling the reader to quickly find the most relevant question to the situation they are facing, and to read the guidance provided to help them understand what is occurring and why, along with how to move forward and heal it. As you heal the pain and hurts

inside you, love and peace can fill those spaces, enabling access to your gifts and your unique way to be of service to humanity. This book will help you discover that purpose and heal the pain, so that your gifts can awaken and you can shine brightly for all to see.

*Breaking Free from Critical Addiction* Kalie Marino, 2012-08-23 Critical addiction, a social disease we catch from others, is the underlying cause of all addictions and most social problems. Yet it sweeps our world unnoticed creating an epidemic of immense proportion and leaving chaos in its wake. The roots of critical addiction are perpetuated through our Inner Critic, who finds fault with others and ourselves. *Breaking Free from Critical Addiction* clearly explains causes and symptoms of critical addiction. Using the Four Steps to Freedom, it then offers relief from your Inner Critics tyranny. This mental detox prepares you to create a life you enjoy. After all, you can't brew good coffee in a dirty pot! That's the real secret. Kalie Marino's masterpiece paves the route to dissolve individual and global self-defeating ways with stories, physics, and age-old wisdom set to the tune of inner and external peace. Be prepared for your Inner Critic to be transformed into an Inner Coach with a new set of songs, all in the key of gratitude. Perhaps you are very familiar with your Inner Critic, but the two of you have never been properly introduced. Kalie aptly makes that introduction and then skillfully speaks to both of you throughout this book, inviting you to make peace with the mental roommate that pays no rent and was never really invited to stay in the first place. She invites you both to grab a seat and have a listen. It will change your world and the world of those around you. - Pamela Maliniak

**Mastering the Art of Manifestation** Adam Art Ananda, 2024-01-03 - Unlock the Secrets of Manifestation and Transform Your Life! - Are you searching for a way to turn your dreams into reality? Do you want to harness the incredible power of your mind to manifest your deepest desires? Look no further! *Mastering the Art of Manifestation* is your ultimate guide to creating the life you've always envisioned. What's Inside: In this enlightening book, you'll discover a treasure trove of techniques and insights that will empower you to manifest your dreams effortlessly. From understanding the core principles of manifestation to overcoming fears and doubts, we provide you with a comprehensive toolkit for success. The Path to Your Ideal Life: Our book is a practical roadmap that guides you through the art of conscious creation. Learn how to align your thoughts and feelings with your aspirations, tap into your inner power, and experience the joy of manifesting your desires. It's time to design your life, just as you want it! Key Highlights: Uncover the science behind the Law of Attraction and how it influences your reality. Discover how to release self-limiting beliefs that hold you back from success. Learn powerful techniques such as Psych-K, visualization, and affirmation to shape your destiny. Explore the art of scripting and designing your own future with precision. Gain insights from the author's personal experiences and real-life success stories. Author's Journey: Written by Adam Art Ananda, this book draws from his own remarkable journey. He has experienced firsthand the transformative power of manifestation and is eager to share his wisdom with you. Whether it's finding the perfect partner,

escaping the city for a beachfront paradise, or creating an extraordinary life, he has manifested it all. Don't Miss Out: Take control of your destiny and grab your copy of Mastering the Art of Manifestation today. Turn your visions into realities and embrace the life you've always dreamed of. Get ready to manifest abundance, love, and happiness effortlessly. Start your journey to self-empowerment and transformation now! Unlock the secrets of manifestation and design your extraordinary life today!

**Longevity With Biohacking** Suzanna Lindstahl, 2024-09-26 Have you ever thought about how wonderful it would be to know the secret to youth? Isn't that the desire of every person in the world? Let's begin with a simple truth: if you continue to neglect your health, one day you may find yourself battling age-related illnesses and suffering, missing the opportunity to live a life full of well-being, joy, and happiness. Bad lifestyle choices and habits, stress, poor diet and nutrition, and lack of awareness can indeed accelerate physical and mental decline, causing you to miss out on the opportunities to live up to your full potential. What you may not know is that one of the secrets to living an extraordinary life lies in Biohacking. Otherwise, how can we explain that some people manage to live a fulfilling life despite daily challenges, while others merely survive the passage of time? In this book, the author will share the secrets of youth and Anti-Aging to improve your health and well-being and slow down the aging process. Because remember: the secret to a life full of energy, health, and vitality lies in our daily choices and the mindfulness we cultivate every single day. IN THIS BOOK YOU WILL DISCOVER: The importance of adopting a healthy lifestyle, cultivating healthy social relationships, and exercising to prevent ageing. How a diet rich in omega-3, vitamins, minerals and other specific remedies and tricks help keep the brain young and healthy, preventing cognitive decline. Why the gut microbiota is essential for health and longevity. How gratitude releases positive energy and transforms life into an experience of endless beauty and abundance. How to turn past wounds and traumas into opportunities for healing, resilience and personal growth How to maximise health benefits and achieve well-being with proper diet and nutrition, through supplements and natural remedies. ...and much more!

**Business Intuition** Holly Worton, 2016-08-30 Get fast and easy results in your business by improving your intuition. This book not only explains the power of bringing intuition into your business, but it helps you develop your intuitive senses by giving you practical actions you can take to tap into and trust your intuition. If you're ignoring your business intuition, you might find it difficult to make decisions. You might struggle to set goals or to achieve them. You might find yourself making bad decisions that you later regret, kicking yourself because you knew all along, deep down, that it wasn't the right thing to do. When we follow our business intuition, it's like having an inner compass or GPS system that directs our thoughts and actions. It gives us useful bits of advice and it helps us to quickly and easily make decisions by giving us us crystal clarity of mind, which takes the stress out of knowing which path to choose for our business. Our intuition helps us to simply know if an opportunity is good or not, and to easily take decisive action when it is. This book will help you to easily access your

business intuition. It gives you practical tips on how to develop your intuition, how to make it easier to hear its messages, how to trust your intuition, and how to use it in your business. It's designed to provide you with the information as quickly and simply as possible, so you can easily learn how to make intuition a bigger part of your business. This book is for you if: \* You've ever made a bad business investment, whether it was an expensive business coach/mentor, an online program, or something else. You regret that decision, and you wonder how you could have thought that was the right thing for you at that time. \* You've ever had a bad feeling about a new project that your business mentor encouraged you to take on, but went through with it anyway because you believed she must know best, only to have it flop in the end. Afterwards, you were left kicking yourself and wondering what went wrong. \* You've ever listened to a business buddy's advice about what you needed to do to grow your business more quickly, even though it didn't seem right, and later regretted your decision. And then you wondered, if it worked for her, why didn't it work for you? \* You've ever felt stuck and frustrated because you had absolutely no idea what to do in a particular situation, and then ended up making the wrong decision. It made you feel even more frustrated, because you spent time carefully considering the pros and cons of each option, and even then it didn't work out in your favor. \* You've ever had a great idea for something, but then your head got in the way, and you now regret never taking action on it. Intuition is like a flashlight that shows us the next step or steps on our path toward our business goals. It gives us the confidence to take the next step and start walking down the path, even when we can't see the entire journey from here to our goals. When I you don't follow my intuition, you may feel like you're fumbling around in the dark. When you do follow it, you'll be confident in the actions that you take. In this book, you will learn: \* Why it's so important for entrepreneurs to pay attention to their intuition \* Why listening to your intuition can make business so much easier \* What your business could look like if you listened to your intuition \* How to develop your business intuition \* Ways to make it easier for you to trust your intuition \* How to use intuition in your business

**Mind Over Medicine** Lissa Rankin, 2014 Presents evidence from medical journals that beliefs, thoughts, and feelings can cure the body and shows readers how to apply this knowledge in their own lives. -- provided by publisher.

**The Anatomy of Healing** Erica Francesca Poli, 2017-07-01 What is healing? What really determines it? How can we make it happen? It is increasingly clear that there is not just one single kind of medicine and that paths to healing flow through the integration of multiple pieces of knowledge and the combination of many perspectives. In light of the latest research into neurophysiology, psyche science and quantum physics, this book outlines the seven principles of the powerful interaction between psyche and body in healing processes, providing scientific answers to questions about the mechanisms which trigger it and identifying therapies that allow us to turn these internal switches on. This is demonstrated through reflections, examples, and real cases shared by the author, a psychiatrist and doctor who has completed several rigorous trainings but maintains an open mind and has been committed for more than 15 years to seek healing of serious illnesses in



the psychosomatic unit by using therapeutic synergies that strengthen official care practices with innovative treatments, with her passionate work to painlessly repair suffering, with the patient, or rather the person, always and constantly at the centre.

**The Attachment Pregnancy** Laurel Wilson, Tracy Wilson Peters, 2013-12-02 Your resource for raising a healthy child from the moment of conception! Studies have shown that parents have more influence over their child, both emotionally and physically, during pregnancy and the first years after birth than at any other point in life. With *The Attachment Pregnancy*, you will learn how to use this important time to form a deeper connection and introduce your child to a loving environment--even before birth. Childbirth experts Tracy Wilson Peters and Laurel Wilson guide you through each stage of development with advice for providing consistent and nurturing care as your baby grows, so that you can ensure that every need is always met. From the moment your child is conceived to the day of delivery, *The Attachment Pregnancy* shows you how to strengthen your bond and give your baby the best life possible from the very beginning.

*Adam's Gift* Cindy Williams Adams MEd, 2024-06-12 In *Adam's Gift*, author Cindy Williams Adams shares the story of the death of her twenty-seven-year-old son, Adam, and her subsequent spiritual journey. Hi! I'm Adam, and I'm dead. Well, not really. I'm still here ... "The first night in the hospital, while Adam was on life support, around midnight, a nurse advised me to go home and get some rest. I looked at Adam's monitor. His heart rate was 180, a normal heart rate for an infant. At that point, his vital signs were nominal. I said I'd go home when Adam's heart rate reached 111. Greg and I sat in the dark, listening to the beep-beep of Adam's monitor. A few minutes later, Greg said, "Look at the monitor." Adam's heart rate was 111. My youngest sister, Rhonda, and I clipped some locks of Adam's dark brown hair as a keepsake. I was sitting at the head of his bed examining our handiwork when I heard Adam say jokingly, "Mom, what the fuck did you do to my hair?" In that pivotal moment, if I'd talked myself out of believing what I'd just experienced, I would have grieved Adam's death in an entirely different way. Trusting the communication from Adam was real not only allowed me to accept the loss of Adam's physical presence, it allowed me to create an entirely new relationship with the part of Adam that is eternal. Adam's lungs, kidneys, pancreas, and liver saved the lives of two individuals and significantly improved the lives of three others. Adam's liver went to a young mother from Indiana, where I was born. Adam's pancreas went to a woman with diabetes who'll never have to suffer another amputation. Adam's kidneys went to a woman from somewhere in California and to a man in Oakland who no longer plan their life around the need for dialysis. Adam's lungs went to a seventy-two-year-old man from Arizona." From January 2011 to February 2023, Adam led me on a twelve-year-long wild goose chase where I collected seemingly random puzzle pieces that when presented altogether, finally make sense. From a past life as a knowledge keeper in Atlantis to serving as an intergalactic guardian, Adam's mind-blowing after-death adventures will change everything you thought you knew about life and death and the world as we know it. Don't let your skin suit fool you into thinking you're anything less than a co-creator with God. We don't have to die to evolve to a higher level of consciousness. When it comes to

consciousness-raising, Adam and I are giving away the cheats. Adam's Gift is more than a memoir, it's a multidimensional multimedia experience. Brace yourself, you're in for an e-ticket ride. Adams' debut memoir is an effectively concise account of a mother navigating her own grief while also finding ways to help others heal. Adams vividly renders her story of her life's journey, and her sense of exuberance is evident throughout... — Kirkus review The story of Adam and the special bond he shares with his mom gives those hope who question an afterlife. —Dannion Brinkley, internationally bestselling author of *Saved by the Light*, *At Peace in the Light*, and *Secrets of the Light* You don't have to have experienced loss to love Adam's Gift. It isn't a book of grief. Its gift to the reader is about the resilience of love and the unwavering faith of a mother faced with unimaginable circumstances and boundless faith. —Meg Blackburn Losey, PhD, author of international bestsellers, *The Children of Now*, *The Secret History of Consciousness*, and *Touching the Light* Through the experiences recounted by Adam's mother, readers are immersed in a world where love transcends physical boundaries and continues to connect souls even after death. —Rhys Wynn Davies, Australia's 2023 Psychic of the Year, and author of *How to Talk to the Dead in 10 Easy Steps* Adam's Gift was so riveting to read. I came away from it feeling as if I had gained so much. I can't thank Adam and Cindy enough for writing this book. —Sarah Breskman Cosme, bestselling author of *A Hypnotist's Journey to Atlantis*, *A Hypnotist's Journey to the Secret of the Sphinx*, and *A Hypnotist's Journey from the Trail to the Star People*

**Far Out** Nancy Weatherly Sharp, 2025-05-31 *Far Out* is not a book to debunk conventional ideas. But over the years I have learned about, experienced, and been impressed by a number of alternative healing techniques. Over time, I became so intrigued with things alternative that I was impelled to learn more and more about them. Even so, I have done so cautiously, never abandoning the skepticism and tough questions that were the hallmarks of my career as a reporter and writer for newspapers in Missouri, California, Washington D.C. and New York. The journey I've been on has ended up being enlightening, inspirational, and life changing. Despite my initial doubts, the efforts I set in motion to push back boundaries and unlock doors have brought me tremendous rewards personally. Even though not every experience I have had has been totally positive, and not everything I have read or been told has been credible, along the way I have had truly amazing experiences, made deep friendships, enjoyed countless provocative conversations, and spent hour after hour engrossed in what I have been reading or witnessing. The people I've come to know, either in person or through their writings, have taught me so much and enriched my life in so many ways. And for this I owe so much to so many. In sum, not only am I a happier, healthier, more peaceful, and more loving person now, but also my eyes have been opened to a whole new way of living—not to mention a whole new way of way of looking at our existence in this miraculous universe of ours. Many of the ideas and practices I have been introduced to, ones that seemed so wrong-headed in the beginning, I now accept as sound and valuable even though they often directly contradict what I grew up knowing to be the truth. Others have just added new dimensions and perspectives to the understandings I had so long ago. So, why have I put this story about my own personal

journey to paper? It's a question I've wrestled with myself. Certainly, writing a book was not my objective when I initially set out on my explorations, and I do sometimes wonder how what I have to say will be perceived by my more orthodox friends and readers. But people who open their minds to the vast possibilities outside the boundaries of conventional wisdom and talk seriously of such things in the here and now are sometimes taken with a grain of salt. I do hope that will not be the case with me. I see my work as both enlightening and significant. Also, I am perfectly happy with my life just the way it is without being the author of this book. Not only have I always been blessed career-wise, but also, I am in excellent health, have great friends, and am married to the world's best husband, James Roger Sharp, a well-known American historian and author of important studies on the birth of the nation and its development in the Jacksonian period. And Roger and I have a loving family, including a son, daughter, daughter-in-law, and four grandchildren. It certainly was not my intention to debunk conventional ideas, most of which I am in complete agreement with anyway. Although over the years, I have learned about, experienced, and been impressed by a number of alternative healing techniques, that does not mean that I am not a fan of Western medicine as well. In fact, my own personal experience with allopathic medicine has been superb. In addition to not wanting to discredit conventional ideas, I have not written this book to sell anyone on specific alternative ideas or approaches. It is not my goal to persuade others to follow in my specific footsteps. Far from it. I see my path as mine and mine alone. Although I've spent more than a quarter century tirelessly exploring the multifaceted out-of-the-mainstream world, I only want to tell my story as accurately and entertainingly as possible. But it is my experience and my story. I am definitely not in any position to endorse anything I've learned about, experienced myself, or witnessed someone else experience. In the end, then, I have come to the conclusion that my primary motivation in writing this book is to tell a fascinating, illuminating, significant story—a story I need to share because it sheds light on our incredible, magnificent, exquisite universe with its tantalizing mysteries. As a newspaper reporter, that has been my calling: to use whatever knowledge and talents I have to investigate the world and then report back to readers what I have found—and to do so as clearly, accurately, and entertainingly as I have known how. Finally, I have to say, I would not be unhappy if reading my story were to enable at least a few readers to suspend their disbelief, open their minds to out-of-the-mainstream ideas and approaches, and then set out themselves on their own individual journeys of discovery. For those readers ready to personally dip a toe into the realm of things alternative, then, it is my hope that what I have written will serve as a useful how-to guidebook to the territory ahead. I wish them all the success in the world. Furthermore, sharing my story today seems even more timely, relevant, and maybe even urgent than when the writing of the book began. I say this after becoming aware of predictions coming from both conventional and unconventional sources about the possibility that our future could be fundamentally different than our present is and past has been. Not only are mainstream figures like former Vice President Al Gore and many scientists urgently and repeatedly warning about changes we may all soon face as a result of the ways

climate change may affect our planet, but many alternative visionaries also are looking ahead to a planet unlike the one we know today. In the final analysis, I hope that my book, while offering insights and guidance to readers no matter what the future brings, turns out to be a great read. Thus, it is my desire that those who experience my journey vicariously by following in my footsteps will not only gain a far greater understanding of and appreciation for what this miraculous world of ours is all about but also enjoy the ride. And if it should turn out that the Earth's future is one of great change, it is my wish that the holistic ideas and approaches that I've discovered along my path become especially empowering and valuable, as they are less dependent on 21st-century technology and more in line with the natural cycles and rhythms of our planet and the universe in which it resides. So, come with me. It's an awesome place to be. It's Far Out.

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