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Chapter 1 Letting Go: The David Hawkins Technique How Can the Ego Be Surrendered to God?

Ignition!

Healing and Recovery

Success in 50 Steps

The Knife of Never Letting Go

Believe It to Achieve It

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Love Is Letting Go of Fear, Third Edition

The Wisdom of Dr. David R. Hawkins

How to Mend a Broken Heart

Along the Path to Enlightenment

The Eye of the I

Truth vs. Falsehood  
Child Neglect  
Dissolving the Ego, Realizing the Self  
Transcending the Levels of Consciousness  
In Sickness and in Health

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## HOPE OLSON

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*Ignition!* Harvest House Publishers

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.

**Healing and Recovery** Cambridge University Press

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.

*Success in 50 Steps* Little, Brown

Charlie struggles to cope with complex world of high school as he deals with the confusions of sex and love, the temptations of drugs, and the pain of losing a close friend and a favorite aunt.

*The Knife of Never Letting Go* Hay House, Inc

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.

*Believe It to Achieve It* Hay House, Inc

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.

I Hay House, Inc

Letting GoHay House, Inc

**Love Is Letting Go of Fear, Third Edition** Hay House, Inc

Close to 60 percent of young people who went to church as teens drop out after high school. Now the bestselling author of unChristian trains his researcher's eye on these young believers. Where Kinnaman's first book unChristian showed the world what outsiders aged 16-29 think of Christianity, You Lost Me shows why younger Christians aged 16-29 are leaving the church and

rethinking their faith. Based on new research, *You Lost Me* shows pastors, church leaders, and parents how we have failed to equip young people to live "in but not of" the world and how this has serious long-term consequences. More importantly, Kinnaman offers ideas on how to help young people develop and maintain a vibrant faith that they embrace over a lifetime.

### **THE WISDOM OF DR. DAVID R. HAWKINS**

Hay House, Inc

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.

[How to Mend a Broken Heart](#) Grano de Mostaza

Here, in plain language, is the definitive guide for taking control of your life and imbuing it with greater meaning and productivity. Constructive Living is an action-based way of looking at the world that combines good, old-fashioned straight talk and the celebrated Japanese psychotherapies Morita and Naikan. David Reynolds, the father of this brilliantly simple and effective therapy, shows us how to live thoughtfully and economically, to regard our actions as if they were divine rituals, and to perform

them with the utmost care. He contends that contentment is achieved, not bestowed--attaining peace and satisfaction takes daily practice and learning. With user-friendly anecdotes, practical exercises, and a sense of humor, he refreshes the experienced student and takes the novice to the beginning, laying out the essence of Constructive Living.

[Along the Path to Enlightenment](#) Penguin

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.

[The Eye of the I](#) Hay House, Inc

Is it possible to heal by thought alone—without drugs or surgery? The truth is that it happens more often than you might expect. In *You Are the Placebo*, Dr. Joe Dispenza shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a placebo. Similarly, Dr. Joe tells of how others have gotten sick and even died the victims of a hex or voodoo curse—or after being misdiagnosed with a fatal illness. Belief can be so strong that pharmaceutical companies use double- and triple-blind randomized studies to try to exclude the power of the mind over the body when evaluating new drugs. Dr. Joe does more than simply explore the history and the

physiology of the placebo effect. He asks the question: "Is it possible to teach the principles of the placebo, and without relying on any external substance, produce the same internal changes in a person's health and ultimately in his or her life?" Then he shares scientific evidence (including color brain scans) of amazing healings from his workshops, in which participants learn his model of personal transformation, based on practical applications of the so-called placebo effect. The book ends with a "how-to" meditation for changing beliefs and perceptions that hold us back—the first step in healing. *You Are the Placebo* combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect . . . and show how the seemingly impossible can become possible.

*Truth vs. Falsehood* Simon and Schuster

The significantly expanded and updated new edition of a widely used text on reinforcement learning, one of the most active research areas in artificial intelligence. Reinforcement learning, one of the most active research areas in artificial intelligence, is a computational approach to learning whereby an agent tries to maximize the total amount of reward it receives while interacting with a complex, uncertain environment. In *Reinforcement Learning*, Richard Sutton and Andrew Barto provide a clear and simple account of the field's key ideas and algorithms. This second edition has been significantly expanded and updated, presenting new topics and updating coverage of other topics. Like the first edition, this second edition focuses on core online learning algorithms, with the more mathematical material set off in shaded boxes. Part I covers as much of reinforcement learning

as possible without going beyond the tabular case for which exact solutions can be found. Many algorithms presented in this part are new to the second edition, including UCB, Expected Sarsa, and Double Learning. Part II extends these ideas to function approximation, with new sections on such topics as artificial neural networks and the Fourier basis, and offers expanded treatment of off-policy learning and policy-gradient methods. Part III has new chapters on reinforcement learning's relationships to psychology and neuroscience, as well as an updated case-studies chapter including AlphaGo and AlphaGo Zero, Atari game playing, and IBM Watson's wagering strategy. The final chapter discusses the future societal impacts of reinforcement learning.

**Child Neglect** Candlewick Press

Explore the power of the underdog in Malcolm Gladwell's dazzling examination of success, motivation, and the role of adversity in shaping our lives, from the bestselling author of *The Bomber Mafia*. Three thousand years ago on a battlefield in ancient Palestine, a shepherd boy felled a mighty warrior with nothing more than a stone and a sling, and ever since then the names of David and Goliath have stood for battles between underdogs and giants. David's victory was improbable and miraculous. He shouldn't have won. Or should he have? In *David and Goliath*, Malcolm Gladwell challenges how we think about obstacles and disadvantages, offering a new interpretation of what it means to be discriminated against, or cope with a disability, or lose a parent, or attend a mediocre school, or suffer from any number of other apparent setbacks. Gladwell begins with the real story of what happened between the giant and the shepherd boy those

many years ago. From there, David and Goliath examines Northern Ireland's Troubles, the minds of cancer researchers and civil rights leaders, murder and the high costs of revenge, and the dynamics of successful and unsuccessful classrooms—all to demonstrate how much of what is beautiful and important in the world arises from what looks like suffering and adversity. In the tradition of Gladwell's previous bestsellers—*The Tipping Point*, *Blink*, *Outliers* and *What the Dog Saw*—David and Goliath draws upon history, psychology, and powerful storytelling to reshape the way we think of the world around us.

*Dissolving the Ego, Realizing the Self* Xlibris Corporation

After more than thirty years, *Love Is Letting of Fear* continues to be among the most widely read and best-loved classics on personal transformation. Both helpful and hopeful, this little gem of a guide offers twelve lessons to help us let go of the past and stay focused on the present as we step confidently toward the future. Renowned all over the world as the founder of Attitudinal Healing, Dr. Gerald Jampolsky reminds us that the impediments to the life we long for are nothing more than the limitations imposed on us by our own minds. Revealing our true selves, the essence of which is love, is ultimately a matter of releasing those limited--and limiting--thoughts and setting our minds free. *Love Is Letting of Fear* has guided millions of readers along the path of self-healing with its deeply powerful yet profoundly humble message. Embrace it with an open mind and a willing heart and let it guide you to a life in which negativity, doubt, and fear are replaced with optimism, joy, and love.

**Transcending the Levels of Consciousness** Baker Books

What blocks spiritual progress? And how do we transcend these

blocks? 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. 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.

*In Sickness and in Health* Hay House, Inc

An inspiring chronicle of life-changing encounters, personal transformation and a vision of love that transcends the everyday definition, to embrace universal kindness and compassion, based on the knowledge that all beings are one family and that our capacity to love is one of the world's most hidden yet powerful resources. The book is groundbreaking in its affirmation of love as a pathway for people of widely differing viewpoints.

Unexpectedly changed by love, Fran Grace went on a journey to learn more about its power to transform and heal. She interviewed renowned spiritual teachers, scientists, activists and artists, all chosen with the help of her spiritual teacher. Each encounter helped her overcome obstacles on her path. The book gives readers a direct encounter with teachers of love in the world today. From diverse faiths and fields of work, they reveal the power of love to be the next frontier of global consciousness, suggesting many ways to uncover it and live it. Includes photographs and unique contributions from: Dr. David R. and Susan Hawkins - H. H. the 17th Karmapa - Father Pavlos of Sinai -

Llewellyn and Anat Vaughan-Lee - Mona Polacca and The International Council of the 13 Indigenous Grandmothers - Betty J. Eadie - Belvie Rooks & Dedan Gills - Dr. William and Jean Tiller - Jetsunma Tenzin Palmo - Huston Smith - Mother Teresa and the Missionaries of Charity - Sadhguru Jaggi Vasudev - Dr. Viktor Frankl (with grandson Alexander Vesely and Frankl family representative Mary Cimiluca) - Swami Chidatmananda. Fran Grace's personal narrative is pulsed by her encounters with the pioneering teachers of love listed above, each of whom has a chapter that includes a brief biography, excerpts from their dialogue with the author, and her sense of how the encounter helped her to overcome the many obstacles to love. The book takes readers on a journey into Buddhist and Hindu monasteries in India, an Indigenous Grandmothers' fire circle in the Black Hills, Mother Teresa's Homes for the Poor in Rome, Calcutta, and Tijuana, laboratory of a Stanford physicist, home of a Sufi sheikh, largest meditation hall in N. America, and a college classroom in California. She interviews those familiar with the stark Sinai desert, slave dungeons in Ghana, and near-death experiences. In the end, love is found to animate every moment of ordinary life. Inspiring story of personal transformation. Compelling account of how the world is transformed through everyday acts of kindness. A rich resource of teachings on love, healing and compassion from a wide range of spiritual traditions, with a rare inside view of some of the world's most respected teachers. Includes index, biographical profiles, bibliography, endnotes.

McGraw Hill Professional

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.

*You Lost Me* Hay House, Inc

It's Okay to Have Needs of Your Own You fell in love with him. But over time you've come to realize he's in love with himself—and you feel trapped. His needs, his problems, and his plans always seem to take precedence over yours. Dr. David Hawkins, director

of the Marriage Recovery Center, offers a guide to help you identify signs of narcissism, understand how your loved one's issues are affecting you, and prepare a biblical game plan for freeing yourself to live courageously in light of God's love. Whether the man in your life can be diagnosed with narcissistic personality disorder (NPD), exhibits narcissistic traits and emotionally abusive behavior, or has arrogant and self-centered tendencies, the emotional pain he causes you is very real. Discover the truths, wisdom, and grace you need to spark change in your relationship, set boundaries, and experience healing.

[The Power of Love](#) Harvest House Publishers

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.

### **BETWEEN THE WORLD AND ME**

Harvest House Publishers

You want to do the right thing—to take care of your family, to be a good employee, to "be there" for your friends. And you're good at it. Everyone knows they can depend on you—so they do. But are you really doing what's best for them? And what about you—are you growing? Are you happy and relaxed? Are you excited about your gifts and your calling, or do you sometimes think, "I don't even know what I want anymore." Find out why you have trouble saying no. Learn why you feel accepted only when you are producing. And finally experience the deep joy and peace that come with serving other people out of your abundance, not out of your need.

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