

[PDF] You Own The Power: Stories And Exercises To Inspire And Unleash The Force Within

Rosemary Altea - pdf download free book

Books Details:

Title: You Own the Power: Stories An
Author: Rosemary Altea
Released: 2000-02-02
Language:
Pages: 336
ISBN: 0688152767
ISBN13: 978-0688152765
ASIN: 0688152767



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

In *You Own the Power*, psychic medium Rosemary Altea departs from her usual autobiographical format to write a self-help book for those who wish to develop their sixth sense. Filled with riveting true-life ghost stories, *You Own the Power* takes the reader step by step through lessons and exercises Altea developed in 20 years of teaching students how to get in touch with the spirit world. Readers are taught relaxation, meditation, and visualization techniques; methods for producing positive thought processes; how to generate energy through color meditations; and even how to heighten the five common senses. The course ultimately leads to developing an intimate relationship

with oneself, to hearing the heartbeat of the soul, to "owning" one's power. The apparent point of the practice (and it does take practice) is that if you can't sense your own soul, how can you expect to perceive the soul of someone who has passed to another realm? This is a course for beginners, though anyone can benefit from Altea's loving insights. --*P. Randall Cohan*

From Publishers Weekly The popularity of charismatic healer and spiritual medium Altea, who wrote the bestsellers *The Eagle and the Rose* and *Proud Spirit*, rests on her comforting vision of death and afterlife and her empathy for the sick and bereaved. With help from her spirit guide, a part-Native American named Grey Eagle, Altea claims to have made contact with countless spirits of the deceased and transmitted their loving messages to those who have survived them. Promising no miracles, this time around she advises readers to develop their own connections with the spirit world (i.e., their sixth sense) by honing the other five senses and developing self-knowledge. In addition to meditation and relaxation techniques, she offers exercises based on imaginative forms of positive thinking, such as building and decorating a metaphorical home. Many readers will be fascinated by her tales of communion with the spirit world (whether they believe them or not), although she often refers to or repeats stories from previous books. One anecdote that's likely to garner attention is her claim of contact with a victim of the TWA Flight 800 plane crash. However, skeptical readers may find it inappropriate that this messenger of God's love uses her book to settle scores with her former husband and Italian Catholic priests, and to plug her other products. Agent, Jan Miller. 13-city author tour.

Copyright 1999 Reed Business Information, Inc.

- Title: *You Own the Power: Stories And Exercises To Inspire And Unleash The Force Within*
 - Author: Rosemary Altea
 - Released: 2000-02-02
 - Language:
 - Pages: 336
 - ISBN: 0688152767
 - ISBN13: 978-0688152765
 - ASIN: 0688152767
-