

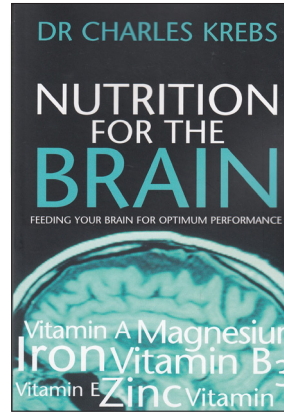
**Map of
Consciousness
Explained**
by David R. Hawkins
\$27.00

A Remarkable Book !

The Map of Consciousness Explained is an essential primer on the late Dr. David R. Hawkins's teachings on human

consciousness and their associated energy fields.

Using muscle testing, Dr. 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 New York Times bestseller, Power vs. Force (1995).

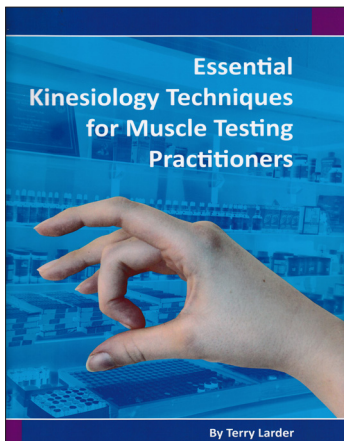


**Nutrition
for the Brain**
by Charles T. Krebs Ph.D.
\$29.00

**BACK IN PRINT
due to demand**

**Feeding Your Brain for
Optimum Performance**
*From the author of Energetic
Kinesiology & A Revolutionary
Way of Thinking*

This title has been out of print for over 10 years and a reprint was undertaken by Equilibrium in 2021, to satisfy a long standing demand. It offers a specific, comprehensive prescription to natural nutrition that we all would benefit from, and which would have a significant impact not only on our health and wellness, but also our mental performance by simply choosing nutrient rich organic, natural foods replete with vitamins and minerals.



Essential Kinesiology Techniques

by Terry Larder \$217.00

A brand new professional manual for Kinesiologists that includes many finger modes and both popular and fundamental techniques in the field.

Covers over 80 tests & corrections across the main application categories:

- Electromagnetic
- Emotional
- Biochemical
- Structural
- General & Mixed

Also covers sections on:

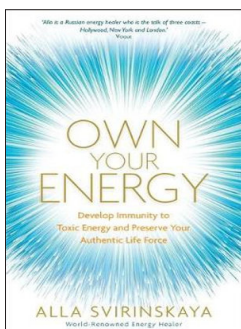
- Client Management
- Finger Modes
- Circuit Retaining Mode
- Glossary
- Rules for Therapy Localisation and Challenge

* Plus there is a quick reference table at the back for the protocols and also a list of suggested procedures for various health issues (alphabetically arranged)

* Sections are coloured coded so you can quickly access the information - important for any reference. The manual is colourful and logical with many great photographs and very clear diagrams.

* For ease of use the manual is wire ring bound and sits flat and the pages turn very easily. A4 size.

* 246 pages of accessible and usable kinesiology techniques.

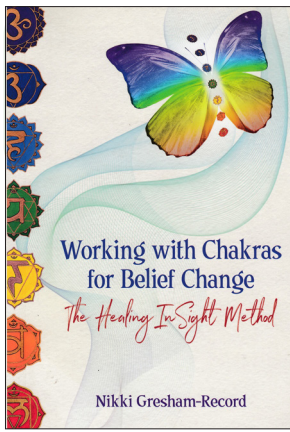


Own Your Own Energy

by Alla Svirinskaya \$25.00

Just as no two fingerprints are alike, so too are we all different in our energy signatures. Through decades of experience running a successful healing practice, internationally renowned healer Alla Svirinskaya has observed time and again that in order to achieve true, sustainable wellbeing and live authentically we must live in alignment with our unique energy frequency. In other words, we must own our energy. Otherwise, it will be owned and overpowered by the energy of others. In this book, the reader will discover how to: find their unique "energy ID" and use it to navigate difficult situations, tune in to the energy around them and identify the positive from the negative, block toxic energy from infecting their own aura and match with energy that is true to their unique frequency. Readers will gain a completely

new awareness of how the energy of other people can sabotage their wellbeing—or, paradoxically, allow it to prosper in the vast sea of human wavelengths.

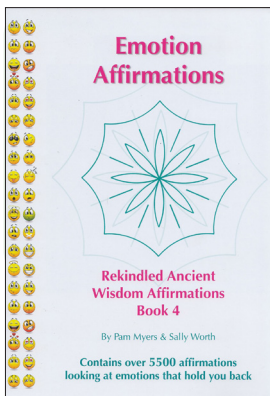


Working with Chakras for Belief Change

by Nikki Gresham-Record
\$45.00

Helps transform people's limiting beliefs through clearing their chakras, raising their vibrations, and creating a fertile space for the New to come in. The Healing InSight Method presented in

this practical full-color book is based on affirmations used together with individual chakra work and specific bodywork exercises, including techniques drawn from kinesiology, qigong, whole-brain integration, visualization, and infinity symbol exercises. Psychologist and energy therapist Nikki Gresham-Record channelled 196 common beliefs for each chakra, 1,036 total, which can be fully realigned using this transformational system of complete mind-body-spirit healing. The author organizes the beliefs around the chakra system and explains how unhealthy beliefs can take root within the chakras and the body. Included are 56 high-vibration chakra images which can be used as a tool for therapeutic guidance as well as for positive manifestation.



Affirmation Book 5: Sabotages

by Pam Myers & Sally
\$38.00

Manual from Rekindled Ancient Wisdom. NEW Addition to the series (2021).

Contains over 5500 affirmations looking at sabotages that hold you back. This manual follows the presentation of the first 4 Affirmation Books, and is also grouped into themes, page by page, with related sub affirmations to complete the page. Covers all those ubiquitous sabotages we sometimes experience. We all have sabotages in our systems. They are masses of stale energy stopping us from achieving our goals.

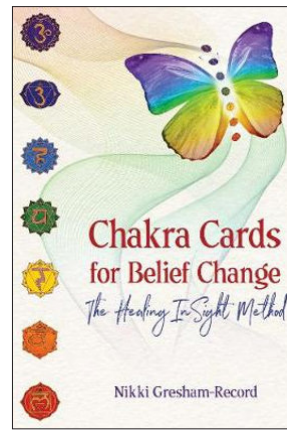
Contains 140 different sabotages with 40 affirmations for each one.

Here is an example of 20 of the 140 sabotages covered: Sabotages On: family, finances, receiving, achievement, change, manifesting, social interaction, support, letting go, being loved, releasing fear, patience, safety, memories, happiness, goals, having fun, practicality, choices, nourishment.....

Truly a remarkable & useful publication!
Spiral Bound A4 manual of 142 pages

Other Manuals by Rekindled Ancient Wisdom (all containing 5500 Affirmations)

Affirmation Book ONE: General Affirmations - The original 5500 Affirmation Book covering a wide variety of topics.
Affirmation Book TWO: Physical Body Affirmations
Affirmation Book THREE: Programmes
Affirmation Book FOUR: Emotions



Chakra Cards for Belief Change

by Nikki Gresham-Record
\$33.00

As first presented in her book: Working with Chakras for Belief Change

A transformative card deck and guidebook for creating positive change using high-vibration chakra imagery and belief affirmations

– Includes 56 full-color cards, each featuring a main chakra image or chakra-aspect image along with chakra-related beliefs and affirmations for energetic realignment

– The accompanying guidebook describes how to use the cards for therapeutic guidance and inspiration or as part of the Healing InSight Method for belief change

– Explains how to select cards to identify the beliefs we need to work on or to help us become a vibrational match with the belief or life experience we desire

Unhealthy beliefs can take root within the chakras, causing energetic blockages that affect us emotionally, mentally, and spiritually. There are 28 beliefs for each chakra, which can be transformed using the chakra cards and the Healing InSight Method described in the accompanying guidebook.

Containing 8 different cards for each chakra, the deck includes a main chakra image card along with 7 chakra aspect cards.

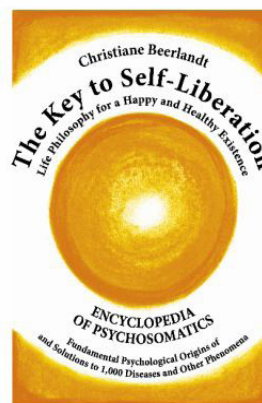
Containing 8 different cards for each chakra, the deck includes a main chakra image card along with 7 chakra aspect cards.

BACK IN STOCK

Key to Self Liberation

New Revised & Updated Edition (2020-2021) of this classic volume which has been out of print for 5-6 years. Now over 900 pages and with section on COVID-19.

Fundamental Psychological Origins of, and Solutions to 1,000 Disease and other Phenomena



This huge work shows the psychological-emotional origins and solutions of disease, illnesses and symptoms, in a 900 plus page hardcover volume. The first part of the book offers innovative philosophical viewpoints and practical guidelines to take your own life in hand. The second part contains entries about 1000 diseases including symbolism of the organs and other parts of the body. Every ailment or condition is covered in significant detail.

The Key to Self Liberation is a wealth of information - the largest compendium ever written on the metaphysical or underlying causes of ill health. An excellent & Extremely Valuable Reference !