



Living in the Heart: How to Enter Into the Sacred Space Within the Heart [With CD]

Drunvalo Melchizedek

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- Beginning with the Mind
- Seeing in the Darkness
- Learning from Indigenous Tribes
- The Sacred Space of the Heart
- The Unity of Heaven and Earth
- Leaving the Mind and Entering the Heart
- The Sacred Space of the Heart Meditation
- The Mer-Ka-Ba and the sacred space of the heart
- Conscious Cocreation from the Heart Connected to the Mind

Living in the Heart: How to Enter Into the Sacred Space Within the Heart [With CD] Details

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Author : Drunvalo Melchizedek

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From Reader Review Living in the Heart: How to Enter Into the Sacred Space Within the Heart [With CD] for online ebook

GinaMaria Opalescent says

This book is a cornerstone of my beliefs. I actually re-read it this year after returning from a 5 day workshop in Sedona with Drunvalo. The need for our world to learn to go from the head to the Heart is very important for our collective evolution. I'd give this book 10 stars if I could. <3

Ho-Sheng says

Contains two very important practices: The Unity Breath and entering the sacred space of the heart.

The Unity Breath is more or less something you'd do at the top of any sacred ceremony, or your personal practice. To use Kahuna terminology, it blends your basic, conscious, and higher self together so that you can move as one, rather than from your little self.

Estefania Velez says

best of his books, most concise and explains all his teachings, if you can only read one of them, read this one.

Lyneah Marks says

As complex and heady as the Flower of Life Books are, this is not. This is a book written from the heart. Simple and straight to the point, it includes wonderful meditations to help you find the space of creation in your heart. This is a must read for anyone who's had heart problems.

Allyria says

Very simply written. Unbelievable information on self empowerment from multiple ancient philosophies and practices sourced from indigenous tribes. Inspiring, enlightening and wonderful. A must read for anyone who is interested in self-improvement, meditation, culture, American Indians, or sacred geometry.

Kellybiney says

"The government sent helicopters over the hole to see why it was there, but I never heard what they thought of it." (18)

--has elements of a tall tale....

Ana Katrina Vargas says

I read this book for work and this topic isn't necessarily my thing or how I view life. I think for other people who are interested in the New Age lifestyle, it would be great, but it just wasn't for me.

Belinda says

Loved this book. The CD is perfect for those of us who like to do a daily meditation connecting with the heart and working with the living Mer-Ka-Ba.

Mj says

The meditation caught me off guard cuz it made me connect with myself and mother earth really fast and super eazy. This book changed my life!

George Ilsley says

Drunvalo has become almost an industry (see the School of Remembering) and yet seems sincere. This is one of those books which each person needs to approach for themselves. If it is the right moment in your life, you will know.

Quyên Phúc Nhã says

n?a sau có c?m giác h?u ích h?n n?a tr??c, n?u không có ph?n ?ó ch?c tui còn ch? bu?n rate.

Keenan Crone says

This could be considered the sequel to The Flower of Life part 2. It completes the process of meditations which lead the reader to reconnect with their true selves and to become aware of the power of the unknowable essence which is only present in us through the Sacred Space. The beginning of this process is explained in Drunvalo's first two books. Drunvalo also has released additional steps and modifiers since this book to make the process more simple, but it is possible to achieve living in the heart with these first three books, and a lot of practice.

Diana says

I love this book! Drunvalo offers deep wisdom and a powerful way to connect to all that is. I'm grateful for the blessing of this book!

John Dobbs says

Grateful to have met Drunvalo Melchizidek through his writing. So much was over my head, yet much was within my grasp. I truly believe in the place(s) in the heart he describes and experiences. I haven't fully entered in, but believe that I will. Excellent book for finding hidden truths. Well worth the read.

Fidel Maza says

Knowledge everyone should learn
