

Dark Light Consciousness Melanin Serpent Power And The Luminous Matrix Of Reality

How our unconscious minds connect with our families through dreams • Shows how the connected dreamlife of families reveals itself in nightmares and unusual dreams, during critical times such as pregnancy, conflicts, and medical emergencies, and in shared, telepathic, and precognitive dreams • Explains how dreamwork can help heal our psychospiritual selves and aid in both family and couples therapy • Examines ancient dream traditions from Africa, Europe, Asia, South America, Australia, and the ancient Egyptian Mystery Schools Our dreams, the most intimate part of us, form the truest expressions of our feelings and emotional beliefs about the world. Our dreams also reflect the complex connections of our unconscious minds with those of our families and close friends, connecting us through our dreams to loved ones near and far, living and passed on. Integrating traditional dream analysis with family psychology, clinical science, and parapsychology, Edward Bruce Bynum, Ph.D., ABPP, details how our personal unconscious is interwoven into our larger family unconscious. He shows how these dreamlife connections and patterns are as old as humanity itself, exploring ancient dream traditions from around the world. He explains how the dreamlife of a family can be viewed as a shared field or hologram, where each family member is enfolded into the dreams of the other members. This shared reality reveals itself in family and personal illnesses, in nightmares and unusual dreams, and during critical times such as crisis, pregnancy, conflicts, and

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medical emergencies. It also reveals itself in cases of simultaneous shared dreams and telepathic and precognitive dreams, explaining why so many people have dreams in which a family member appears to say good-bye, waking the next day to discover the same loved one has passed away. Sharing clinical case studies from his Family Dream Research Project, the author shows how the intimate labyrinth of our dream lives is always flowing beneath the surface of our waking lives, shaping and influencing our relationships and our deep core experiences. He reveals how dreams can be healing factors as well as diagnostic signals, detailing how dreamwork can aid in both family and couples therapy. Showing how our family's dreamlife connects us to our ancestors and weaves us into the messages we send to our children's children, the author offers an opportunity to identify personal and family patterns, heal our psychospiritual selves, and grow our understanding of our own minds.

Who would have thought preparations for a March 2014 Sacred Libation Ceremony honoring one-hundred forty-eight African American women lynched in America would result in the observation melanin is worth more than gold? Dr. Frances Cress Welsing first told us the chemical melanin is produced through a process known as melanogenesis upon introduction of the chemical tyrosine to the enzyme tyrosinase. Melanin is found in such diverse places as bird feathers, animal fur, reptile scales, microorganisms, cephalopod ink, mushrooms and even fossils. Additionally, melanin is found in the hair, skin and eyes of people. Melanin is subjected to intense scientific scrutiny. Nevertheless, the highly educated people studying it had no idea melanin is worth more than gold. In June 2014 a post to the Keyamsha the Awakening blog openly declared melanin was worth \$353 a gram and \$300

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a gram more than gold. Shortly afterwards, hoaxers began bombarding the blog with comments claiming "melanin thieves" were harvesting melanin from Black people. The hoax was easily falsified. The hoaxers made certain to never mention the company selling melanin extracted from the ink of sepia officinalis, the common cuttlefish. During the intervening years the melanin thieves hoaxers persisted in their efforts. In March 2017, the melanin thieves hoaxers launched a "Melanin Twitter bomb" involving the dollar value of melanin after publicity of black women and girls missing in Washington, D.C. was released. Their actions exposed a frailty in their psyche. They also reveal it is possible to wipe out false information involving melanin and take the melanin challenged inferiority complex (aka racism/white supremacy) along for the ride. It then became clear the time had come to enter the fray and dispel the myths about melanin. This book completely obliterates the false narrative of melanin. Perceiving facts from a melanin-centered perspective bestows upon us an expanded awareness of the world and our place in it. It helps provide the average person a means to immerse themselves in melaninology and emerge a "melaninologist." Essentially, we get to know ourselves. To date no other path for the public to independently verify, or falsify, outlandish claims regarding melanin being worth more than gold on their own without any "guru" to guide them have been made available. At this writing, melanin is worth over \$395 a gram more than gold. In ancient Kemet (misnomered Egypt) such words were known as hekau or words of power with the ability to heal. For nearly one-hundred years, since August 13, 1920, melanin put the "B" in R.B.G. and the "Black" in Red, Black and Green as the flag of Africans, at home and abroad.. Those are hekau, also. Our Blood, Our Melanin and Africa unites us. More hekau. The Afro,

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official currency of the United States of Africa, also known as the African Union, is worth \$2.22. We are swathed in hekau to such an extent Mchakato Wa Uponyaji (Swahili for the process of healing) has begun. All of which indicates we are living in a new era: the era when all the generations of man can be called blessed on a planet that works for everyone. This era demands we convene the Ubuntu Convention. That plebiscite sets the stage for drafting the Ubuntu Declaration. In emulating the success of the August 1920 Universal Negro Improvement Association convention, we deliberately create the world where we intend to live. The revival of the U.N.I.A. with 12 million dues-paying card-carrying members positions the organization to have a treasury flush with over \$400 million liquid. All of which represents a quantum shift in awareness, perception and power underway as you read this. Through our own actions we bring about the total, complete, and absolute Redemption of Africa for all time. Well-known critic Brian Stableford, a former professor at the University of Reading, contributes "a fascinating and valuable attempt to grapple with the questions of why SF authors write what they write, and why SF readers like what they like"-Interzone. Contents: Introduction; Approaches to the Sociology of Literature; The Analysis of Communicative Functions; The Evolution of Science Fiction as a Publishing Category; The Expectations of the Science Fiction Reader; Themes and Trends in Science Fiction; and Conclusion: The Communicative Functions of Science Fiction. Complete with Notes and References, Bibliography, and Index.

A leading figure in the field of healing and mind/body research presents an intriguing, multidisciplinary, and multicultural study of the human energy field. "A most impressive blend of extensive research and expert personal

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observation".--Meditation magazine. Photos; drawings.

Darkness Visible

The Black Origins of Mysticism and Psychology

The Art of Being Human

Roots of Ancient Mysticism and Modern Psychology

*How Life and Consciousness are the Keys to Understanding
the True Nature of the Universe*

*Discover the Knowledge of Melanated Beings Born With
Empath Energy*

Biocentrism

The study of magic is divided into two distinct disciplines: practical and esoteric. Practical magic uses the power of the mind to attain physical results such as more money, a bigger house, better health. Esoteric magic, the subject of Phillip Cooper's new book, focuses on the quest for greater understanding and mental discipline. Its aims are the discovery of inner truths and the understanding of the workings of creation. In his typical no-nonsense manner, Cooper conveys the principles of esoteric magic and offers a positive, realistic means of studying and understanding magic on a deeply personal level. Esoteric Magic and the Cabala helps readers train their minds, their emotions, and their imaginations to more fully understand reality. Esoteric Magic and the Cabala is both positive and realistic. It helps readers learn to use the Tree of Life as a means of classifying knowledge, of observing an interrelated whole, a method that provides the tools for endless self-discovery. It offers a complete, workable plan of study that novices will

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find easy to understand and advanced practitioners will find refreshing and stimulating after the usual confusing and dogmatic magic texts. M

A tour through the new science of the Omniverse, its spiritual and physical dimensions, and its incalculable intelligent civilizations □ Reveals the key travel and communication technologies of the Omniverse: time travel, teleportation, and telepathy □ Unveils newly disclosed state secrets about these technologies, about the findings of the NASA Mars rover missions, and about a secret colony and life on Mars □ Explains through science how souls are holographic fragments of God and how they help create planets, solar systems, galaxies, and universes in the multiverse We are all citizens of the Omniverse, the overarching matrix of energy, spirit, and intelligence that encompasses all that exists: all universes within the multiverse as well as the spiritual dimensions centered on the divine Source that many call God. In this scientific guide to the Omniverse, Alfred Lambremont Webre reveals startling replicable evidence about extraterrestrial and extra-universal life, the intelligent civilizations created by souls in the afterlife, top-secret alien technology, and the existence of a secret base as well as life on Mars. The author explains how our souls are holographic fragments of God/Source and how souls and Source are co-creating planets and

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galaxies as virtual realities for soul development. He addresses Grey alien control over soul reincarnation and also sheds light on the presence of invisible hyperdimensional controllers known as the Archons, who feed off negative energy. Revealing the key technologies of the Omniverse, the author explains how hyperdimensional civilizations communicate telepathically, teleport interdimensionally, and travel through time. He unveils newly disclosed state secrets about government possession of these technologies, the findings of the NASA Mars rover missions, and the secret Mars colony whose permanent security personnel is age-reversed and shot back through time to their specific space-time origin points--with their memories blocked. Integrating science and spirituality, this map of the dimensions of the Omniverse sounds the call for scientific inquiry into the holographic origins of the soul, the potential of time travel, and our role as divine co-creators with Source.

From the foreword by Stanley Krippner author of "Realms of Healing": ". . . these pages may provide a route of mending and healing for many families . . . conveys the richness of shared imagery and emotionality that operates in the life of each family member." The family group, the individual, clinical psychologists, all will find this book enormously helpful. Dr. Taub-Bynum, himself a clinical psychologist, appears to be the long needed catalyst to bring the family, as a

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unit, under the umbrella of the collective unconscious. In addition, he relates family behavior to documented case histories of telepathy, clairvoyance and second-sight. Writes Carl A. Whitaker, Professor of Psychiatry at the University of Wisconsin Medical School, Madison: "This capacity to combine concepts of family therapy, the wisdom of the East, and the wisdom of higher mathematics and physics puts (the author) in a unique position to formulate things which I respect, admire, and follow ... I am firmly convinced that members of the same family read each other in great detail and that most of that information never reaches consciousness."

Comments Erik Peper, Director Biofeedback and Family Therapy Institute, Berkeley, California: ". . . offers both layman and therapist new underlying concepts in individual and family dynamics ..."

EDWARD BRUCE BYNUM, Ph.D., is a clinical psychologist and Director of the Behavioral Medicine Program at the University of Massachusetts Health Services. He is also the author of *Families and the Interpretation of Dreams*. He has published widely in both popular and professional journals. Some of his work has been translated into German, Japanese, and Russian. He is a student and practitioner of Kundalini Yoga.

Ashby explains the Tree of Life metaphysical teachings, disciplines, and techniques from the hieroglyphic texts.

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Theosophia

Octopuses, Squid & Cuttlefish

Dark Matters Dark Secrets

Transdimensional Intelligence, Time Travel, the
Afterlife, and the Secret Colony on Mars

Family Unconscious an Invisible Bond

The Pyramids and the Pentagon

We Are Not the Same

Secrets of Voodoo traces the development of this complex religion (in Haiti and the Americas) from its sources in the brilliant civilizations of ancient Africa. This book presents a straightforward account of the gods or loas and their function, the symbols and signs, rituals, the ceremonial calendar of Voodoo, and the procedures for performing magical rites are given. "Voodoo," derived from words meaning "introspection" and "mystery," is a system of belief about the formation of the world and human destiny with clear correspondences in other world religions. Rigaud makes these connections and discloses the esoteric meaning underlying Voodoo's outward manifestations, which are often misinterpreted. Translated from the French by Robert B. Cross. Drawings and photographs by Odette Mennesson-Rigaud. Milo Rigaud was born in Port au Prince, Haiti, in 1903, where he spent the greater part of his life studying the Voodoo tradition. In Haiti he studied law, and in France ethnology, psychology, and theology. The involvement of Voodoo in the political struggle of Haitian blacks for independence was one of his main concerns. Critical Acclaim for The Roots of Transcendence... From the Scholars: "This is a powerful book.... A true picture of the cross-fertilization of human history and culture....A major book, one of the signposts of the time." -Molefi Kete Asante, PhD, Chairman, Department of African-American Studies, Temple University; Author, Afrocentricity, and Rhythms Unity From

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the Psychiatrists: "A PIONEERING TEXT in Transego Psychology. The author envisions the next step in the development of human psychology. He raises the 'new' question that the self is not localized in the mind but is 'non-local, ' a field of interconnected relations.... A valuable model is presented to define psychopathological diagnostic issues and therapeutic treatment issues. Truly wonderful." -Richard D. King, MD, From the Preface; Author, African Origin of Biological Psychiatry From the Consciousness Researchers: "A daring leap involving new conceptual models.... Discusses the anxieties and stresses of our time while IT PROVIDES READERS THE TOOLS BY WHICH ANXIETIES AND STRESSES CAN BE ADDRESSED." -Stanley Krippner, PhD, Distinguished Professor of Psychology, California Institute of Integral Studies; Author, Dreamtime and Dreamwork, and Your Personal Mythology "A mighty synthesis of knowledge and feeling, science and poetry, clinical observation and spiritual insight... which SPEAKS POWERFULLY TO LAY AND PROFESSIONAL PEOPLE ALIKE.... An important contribution to our understanding of the mind and its operation in the world." -John White, MAT, Author, Future Science, and Kundalini, Evolution and Enlightenment Here is the epic adventure of the rise and unfolding of human consciousness from its earliest days millennia ago, on through the first civilizations and down to contemporary times. The mythic Mitochondrial DNA, "mother of humanity," of 10,000 generations ago is used to personalize this journey for readers, journey seen to be an integral part of each of us. This includes not only her shared African gene pool but also the neuro-biologically interwoven evolutionary impulse. How different personalities deal with this intelligent and luminous current is the primary thrust of this groundbreaking book that readers will find of extraordinary value in the exploration of human consciousness. Edward Bruce Bynum, PhD, is a clinical

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psychologist, family therapist, and Director of the Behavioral Medicine and Biofeedback Clinic, University of Massachusetts Health Services. He is the author of *The Family Unconscious and Families* and *The Interpretation of Dreams*. He has published widely in both popular and professional journals. Some of his work has been translated into German, Japanese and Russian. He is a student and a practitioner of Kundalini Yoga.

Anthropology is the study of all humans in all times in all places. But it is so much more than that. "Anthropology requires strength, valor, and courage," Nancy Scheper-Hughes noted. "Pierre Bourdieu called anthropology a combat sport, an extreme sport as well as a tough and rigorous discipline. ... It teaches students not to be afraid of getting one's hands dirty, get down in the dirt, and to commit yourself, body and mind. Susan Sontag called anthropology a "heroic" profession." What is the payoff for this heroic journey? You will find ideas that can carry you across rivers of doubt and over mountains of fear to find the the light and life of places forgotten. Real anthropology cannot be contained in a book. You have to go out and feel the world's jagged edges, wipe its dust from your brow and at times, leave your blood in its soil. In this unique book, Dr. Michael Wesch shares many of his own adventures of being an anthropologist and what the science of human beings can tell us about the art of being human. This special first draft edition is a loose framework for more and more complete future chapters and writings. It serves as a companion to anth101.com a free and open resource for instructors of cultural anthropology. This 2018 text is a revision of the "first draft edition" from 2017 and includes 7 new chapters.

AFURAKA/AFURAITKAIT - The Origin of the term 'Africa'
Numerous scholars over the centuries have attempted to delineate the etymological origins of the name Africa. However, they have failed because of a lack of understanding of

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Afurakani/Afuraitkaitnit (African) Ancestral Religion, cosmology and culture. Odwirafo Kwesi Ra Nehem Ptah Akhan is the first to elucidate and publish the actual etymological origins of the name Africa demonstrating the name to be derived linguistically and cosmologically from Afuraka/Afuraitkait – the original male and female aspects of the name. This includes showing the actual term written by our Afurakani/Afuraitkaitnit (African) Ancestresses and Ancestors in the medutu (hieroglyphs) of Ancient Kamit (Ancient Egypt) – a discovery which heretofore had never been accomplished. Afuraka/Afuraitkait is an indigenous designation for the continent first propounded by Afurakanu/Afuraitkaitnut (Africans~Black People) prior to the existence of any other people on Earth. The myths put forward by eurasians seeking to locate the origins of the name Africa outside of the continent of Afuraka/Afuraitkait (Africa) and in the greek, latin, sanskrit, arabic, phoenician and other languages, have been shown in this article series to be a deliberate attempt by the non-Afurakanu/non-Afuraitkaitnut (non-Africans/non-Blacks) to misinform Afurakanu/Afuraitkaitnut (Africans~Black People) and dispossess us of our heritage and culture. This is nothing new. We have been and will continue to be at war - culturally, intellectually, spiritually and physically - with the whites and their offspring, their culture and their pseudo-religions (inclusive of all forms of christianity, islam, judaism/hebrewism, hinduism, buddhism, taoism, pseudo-esotericism, etc.) until the whites and their offspring no longer exist in the world. We will always meet the challenge and will emerge triumphant on every level. The proper etymology of the term Africa was first given to us in the 12990s (1990s) by our Nananom Nsamanfo – Akan term for our Honored or Spiritually Cultivated Afurakani/Afuraitkaitnit (African) Ancestresses and Ancestors. It was our Nananom Nsamanfo who would also lead us to the tangible evidence supporting the etymological origins of the

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term in the languages, cultures and ritual practices of Afuraka/Afuraitkait (Africa) – inclusive of Ancient Khanit and Kamit (Nubia and Egypt). We would subsequently release our publication: KUKUU-TUNTUM The Ancestral Jurisdiction in 13002 (2002), wherein we defined the term Afuraka/Afuraitkait and its cosmological roots in the first section. The release of our article series in 13007-13008 was designed to provide a more detailed analysis of the nature and function of the name Afuraka/Afuraitkait (Africa) as it applies to Black People – and Black People only – and to expose the misinformation which continues to be propagated deliberately by the whites and their offspring, as well as by misinformed Afurakani/Afuraitkaitnit (African-Black) scholars, teachers, authors, etc. This four-part series is the first volume of a greater series. There are numerous manifestations of the term and name Afuraka/Afuraitkait (Africa) all over the continent and in the places we traveled after having migrated away from the continent thousands of years ago for the first time in our trustory. This is an attestation to the ancient spiritual roots of the name Afuraka/Afuraitkait. The information can and will fill many volumes. This is a never-ending project. ©Copyright by Odwirafo Kwesi Ra Nehem Ptah Akhan, 13007, 13008, 13011, 13014 (2007, 2008, 2011, 2014) rights reserved. www.odwirafo.com

A Collection of Educational Nature Bulletins

A Companion for the Inward Journey

Wheels of Light

The Dreamlife of Families

The Omniverse

Esoteric Magic and the Cabala

African Origin of Biological Psychiatry

This book is for those on a quest to find out what diet is the best for melanin dominant individuals who are rated highest in the leading causes of

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disease in America. Heart disease, cancer and diabetes are wiping us out one by one and there seems be no specific reason why from the medical community. The reason is because you have melanin and must learn how different you are from every other race.

Asking the question, Are people with dark skin truly different?, these essays consider the history, science, and psychology of melanin. With contributions from such noted writers and scholars as Hunter Adams, Ann Brown, Richard King, and Owen Moore, these writings explore the history of people with surface skin melanin. The genetic influence of melanin on culture and learning is also addressed, with a specific look at the unfair treatment of African American children in schools that has led to poor IQ test scores and disproportionate numbers of African American children in special education classes.

Ancient Future celebrates the wisdom of those ancient civilizations that did not disassociate the philosophical, spiritual, and material realms of life. This book is an attempt to re-create this holistic experience in hopes that a synthesized view of life will become reality in the 21st century.

The Pyramids and the Pentagon is a detailed study of how and why government agencies have, for decades, taken a clandestine and profound interest in numerous archeological, historical, and religious puzzles. Focusing primarily upon the

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classified work of the U.S. Government, The Pyramids and the Pentagon invites you to take a wild ride into the fog-shrouded past. It's a ride that incorporates highlights such as: The CIA's top-secret files on Noah's Ark U.S. Army documents positing that the Egyptian Pyramids were constructed via levitation Disturbing military encounters with Middle Eastern djinns Claims of nuclear warfare in ancient India Links between the Face on Mars and the pharaohs And many more Nick Redfern's The Pyramids and the Pentagon clearly and provocatively demonstrates that deep and dark conspiracies exist within the shadowy world of officialdom—conspiracies that have the ability to rock the foundations of civilization, religion, and history to their very core. The strange and amazing secrets of the past are just a heavily guarded government vault away.

Mary Magdalene The Illuminator
Dark Light Consciousness
Black Like Me
The Teachings and Prophetic Wisdom of the Seven Hermetic Laws of Ancient Egypt
A Primer on Reptiles and Amphibians
Why Darkness Matters
The Kemetic Tree of Life Ancient Egyptian Metaphysics and Cosmology for Higher Consciousness

This is a new release of the original 1927 edition.

According to ancient records, the patriarchs

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and founders of the early civilizations in Egypt, India, China, Peru, Mesopotamia, Britain, and the Americas were colonized by the Serpents of Wisdom—spiritual masters associated with the serpent—who arrived in these lands after abandoning their beloved homelands and crossing great seas. While bearing names denoting snake or dragon (such as Naga, Lung, Djedhi, Amaru, Quetzalcoatl, Adder, etc.), these Serpents of Wisdom oversaw the construction of magnificent civilizations within which they and their descendants served as the priest kings and as the enlightened heads of mystery school traditions. The Return of the Serpents of Wisdom recounts the history of these “Serpents”—where they came from, why they came, the secret wisdom they disseminated, and why they are returning now.

A Primer on Reptiles and Amphibians is an innovative educational resource designed to forge a connection between the reader and the creeping critters of the world. Turtles, frogs, lizards, salamanders, snakes, and crocodiles; these animals evoke fear and fascination. This primer dispels myths and unlocks mysteries surrounding these diverse survivors which have mastered virtually every habitat on Earth. Tragically, these animals now face pressures of unprecedented severity, but there is still time to make a difference if more of us work together. Micha Petty is an international award-winning Master Naturalist and wildlife rehabilitator. This critically-

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acclaimed debut volume is a collection of Micha's interpretive writings, carefully crafted to make learning easy for everyone. These bulletins display his passion for Conservation Through Education while covering topics such as living harmoniously with wildlife, physiology, natural history, observation, and conservation. Flip to any page to be instantly introduced to new facets of reptiles, amphibians, the perils they face, and how you can join the fight to save them.

William Henry presents new evidence about the secrets and the true history of Mary Magdalene, including the reasons why she was called the Illuminator or Illuminatrix and why the Knights Templar were attacked by the Church of Rome. In this book, he explores the core of the mysteries of Mary Magdalene to study knowledge of the 'ultimate secret' of the Tower or Ladder to God, also called the Stairway to Heaven. The astonishing facts about the secret teachings of Jesus and Mary Magdalene and their connection to the Illuminated Ones of the past are discussed. Other subjects include: The Gnostics and Cathars and their connection to Mary Magdalene; The alchemical secrets of Mary Magdalene's anointing oil and how it transformed Jesus; The Magdalene's connection to Ishtar, Isis and other ancient goddesses; The reality of an extraterrestrial presence in the Bible and Gnostic Christian texts; How the Knights Templar encoded the secret

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teaching of Jesus and Mary Magdalene in
religious graffiti at Domme, France; more.

Kundalini Awakening: Attain Spiritual
Enlightenment, Transcendence & Higher
Consciousness-Increase Psychic Abilities,
Mind Power, Tune Into

A Key to Freedom

Melanin, Serpent Power, and the Luminous
Matrix of Reality

Teachings of an Initiate

The Definitive Griffin Estate Edition

Chakras, Auras, and the Healing Energy of the
Body

Secrets of Voodoo

A Study of ancient African history reveals an
early African definition of the human Melanin
System as a whole body Black Melanin System
that serves as the eye of the soul to produce
inner vision, true spiritual consciousness,
creative genius, beatific vision, to become
Godlike, and to have conversation with the
immortals (Ancestors). The purpose of ancient
African education was to provide knowledge
and development of the will of the student
that allowed salvation (freedom) of the soul
from the fetters (chains) of the physical
body (George G. M. James, Stolen Legacy
Waking up spiritually is a life-altering
event that shifts the world view, and changes
the perception of what it means to be human.
It is a significant grace in anyone's life,
bringing the potential for profound peace,
unconditional love and intuitive wisdom.
However, spiritual "seekers" rarely have a

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clear understanding of what it means to become Awakened or Self-realized, nor do they recognize the natural tendency to become stuck in various cul-de-sacs along the way, or know how to cope with the challenges that arise in this process. Awakening is both sudden and gradual, often beautiful and ecstatic, but it can also be disorienting as the "seeker" falls away. Few spiritual systems or therapists are able to offer guidance to those in this process, and this can lead to confusion, detours and lengthy periods of darkness before embodiment and freedom are established. "The Awakening Guide" reveals how the search for love, wisdom and wholeness unfolds for those who meditate, and also those who have sudden awakenings to expanded consciousness, radiant emptiness, Oneness and the realization of Self. This might happen following breathing or energy practices, transmission or diksa, traumatic or near-death events, drug experiments, biofeedback, or spontaneously while walking down the street. Consciousness shifts. Wham! Another reality is opened, and the world you know changes before your eyes. Consciousness is invited to recall itself as Source. An initial awakening is seldom permanent, and many seekers are disappointed to discover that this first flash of insight was only a glimpse, and the subsequent months and years require trust, patience and a commitment to living in Truth if they hope to be stabilized in an awakened state. This

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inspirational book, written by a non-dual teacher and therapist who has explored the path of spiritual awakening for more than 40 years, and witnessed the spiritual emergence of over 2000 people, is a companion to support a new perspective as an old identity falls away. It offers some guidelines for awakening, descriptions of the varieties of experiences that have been called awakening, comments by people who have had glimpses of awakening, and a revelation of the primary issues and resolutions an awakened person may need to face. It is a companion to Dr. Greenwell's book "The Kundalini Guide."

The first book to examine the spiritual and therapeutic practice of retreat in physical darkness to explore inner light • Shows how experiencing complete darkness over prolonged periods helps in developing mental clarity and creativity • Draws upon many indigenous and spiritual traditions that use this technique The use of ceremonial darkness is a classic and cross-cultural method for exploring hidden aspects of unconscious and super-conscious states, accessing invisible landscapes, and embracing the deeper recesses of the self. In Darkness Visible Heaven and Buxton examine the spiritual and therapeutic practice of taking retreat in physical darkness. For millennia mystics and sages have used darkness as a spiritual tool for breaking with their pasts, prior conditioning, and the limited reality of their societies. Spiritual seekers from many

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traditions--Celtic, Eastern, indigenous North and South American, Tibetan, and African--have used darkness as a tool for spiritual enlightenment. Heaven and Buxton show how experiencing complete darkness, even for only a period of hours, brings about a remarkable clarity and mental stillness and thus provides a springboard for creativity, intuition, and spiritual development. They include exercises that explore lucid levels of dream consciousness, drawing both from their experience as teachers of this method and from the many cultures that include this practice in their spiritual traditions.

Darkness Visible shows how deprivation of sight can truly teach us to see.

Explains how the subconscious mind works, tells how to communicate with the subconscious, and describes the ways in which it can lead one to success.

How to Unleash the Power of Your Subconscious Mind

Awakening Spiritual Light through Darkness Meditation

The Return of the Serpents of Wisdom

The Melanin Effect

The Melanin Lifestyle Guide for Nutrition, Mental, and Spiritual Well-Being

The Awakening Guide

What is (Qatum) Melanin Physics?

The Melanin Effect book offers readers the best work from some of the world's leading researchers, scholars and

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scientists on melanin. Understanding melanin can offer you an insight to the universal truth that we are all unique and that's what makes us special in every way. Opening up your understanding of melanin to your own optimal diet, mental state, emotional well-being and greater consciousness. Our ancestors spoke about the third eye and the body being a temple for resurrection by light. Modern science and ancient science have never had such a fruitful discussion than this book. It's for the curious, the willing, the thought provoking, the self developer, the self identity proclaimer and the enlightened ones who are known as the "Melanin Effect".

"The African Unconsciousness, originally published in 1999, is a bold new paradigmatic look at human history based on archaeology, genetics, and the biospiritual roots of religion and science. Author Edward Bruce Bynum offers a captivating and controversial viewpoint on the roots of our human existence, positing that all humans at their deepest core are variations on the African template, creating a shared

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identity and collective unconscious in all. He looks at both phenotypical types and psychic structures that form and identify us as human beings. Ideal for humanistic and transpersonal psychologists and those interested in African American art and culture, *The African Unconsciousness is a blend of modern and ancient psychology that provides a relevant backdrop to humanity and our daily life*"--Cover. Can you imagine what it would be like to live a life of spiritual enlightenment? Can you see yourself aware of the infinite, creative potential and innumerable ideas all at once? What would it be like to have a perfect understanding of your feelings, thoughts, emotions and to feel, not only connected to all the Earth and all her people, but to the whole Universe? Each of us has the power to awaken the divine within. We all have a secret power lying dormant waiting to awaken and arise, coiled like a snake at the base of our being. It is the stuff of legend, but the truth of life that honors the call to spiritual enlightenment and living in the

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frequency of creation. It is this force that brings you in contact with pure-consciousness. This powerful, primal energy is known as Kundalini and awakening this dormant life force is just the beginning of walking the path of enlightenment. Inside this book you will find: The history and mystery of Kundalini and its benefits on the mind, body, and spirit The origins of Kundalini yoga and the journey of awakening your life-force How to prepare your mind, body, and spirit for Kundalini awakening Everything you need to know about how Kundalini feels in both body and mind What chakras are and how they are connected to awakening your primal energy How to clear energy blocks and imbalances in your chakras to move Kundalini through you Meditations and yoga postures to awaken the dormant energy to bring you to higher consciousness Opening your third eye to awaken and strengthen your psychic abilities And more... This American classic has been corrected from the original manuscripts and indexed, featuring historic photographs and an extensive

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biographical afterword.

Our African Unconscious

The Power of Melanin in the Brain

The Genius Frequency

Parts 1-4

*Is This The Era of The Blessed
Generation?*

*The Government's Top Secret Pursuit of
Mystical Relics, Ancient Astronauts,
and Lost Civilizations*

The Roots of Transcendence

- Examines the Oldawan, the Ancient Soul of Africa, and its correlation with what modern psychologists have defined as the collective unconscious
- Draws on archaeology, DNA research, history, and depth psychology to reveal how the biological and spiritual roots of religion and science came out of Africa
- Explores the reflections of our African unconscious in the present confrontation in the Americas, in the work of the Founding Fathers, and in modern psychospirituality

The fossil record confirms that humanity originated in Africa. Yet somehow we have overlooked that Africa is also at the root of all that makes us human--our spirituality, civilization, arts, sciences, philosophy, and our conscious and unconscious minds. In this extensive

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look at the unfolding of human history and culture, Edward Bruce Bynum reveals how our collective unconscious is African. Drawing on archaeology, DNA research, depth psychology, and the biological and spiritual roots of religion and science, he demonstrates how all modern human beings, regardless of ethnic or racial categorizations, share a common deeper identity, both psychically and genetically--a primordial African unconscious. Exploring the beginning of early religions and mysticism in Africa, the author looks at the Egyptian Nubian role in the rise of civilization, the emergence of Kemetic Egypt, and the Oldawan, the Ancient Soul, and its correlation with what modern psychologists have defined as the collective unconscious. Revealing the spiritual and psychological ramifications of our shared African ancestry, the author examines its reflections in the present confrontation in the Americas, in the work of the Founding Fathers, and in modern Black spirituality, which arose from African diaspora religion and philosophy. By recognizing our shared African unconscious--the matrix that forms the deepest luminous core of human identity--we learn that the differences

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between one person and another are merely superficial and ultimately there is no real separation between the material and the spiritual.

Robert Lanza is one of the most respected scientists in the world – a US News & World Report cover story called him a “genius” and a “renegade thinker,” even likening him to Einstein. Lanza has teamed with Bob Berman, the most widely read astronomer in the world, to produce Biocentrism, a revolutionary new view of the universe. Every now and then a simple yet radical idea shakes the very foundations of knowledge. The startling discovery that the world was not flat challenged and ultimately changed the way people perceived themselves and their relationship with the world. For most humans of the 15th century, the notion of Earth as ball of rock was nonsense. The whole of Western, natural philosophy is undergoing a sea change again, increasingly being forced upon us by the experimental findings of quantum theory, and at the same time, towards doubt and uncertainty in the physical explanations of the universe's genesis and structure. Biocentrism completes this shift in worldview, turning the planet upside down again with the revolutionary view that

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life creates the universe instead of the other way around. In this paradigm, life is not an accidental byproduct of the laws of physics. Biocentrism takes the reader on a seemingly improbable but ultimately inescapable journey through a foreign universe—our own—from the viewpoints of an acclaimed biologist and a leading astronomer. Switching perspective from physics to biology unlocks the cages in which Western science has unwittingly managed to confine itself. Biocentrism will shatter the reader's ideas of life—time and space, and even death. At the same time it will release us from the dull worldview of life being merely the activity of an admixture of carbon and a few other elements; it suggests the exhilarating possibility that life is fundamentally immortal. The 21st century is predicted to be the Century of Biology, a shift from the previous century dominated by physics. It seems fitting, then, to begin the century by turning the universe outside-in and unifying the foundations of science with a simple idea discovered by one of the leading life-scientists of our age. Biocentrism awakens in readers a new sense of possibility, and is full of so many shocking new perspectives that the reader will never

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see reality the same way again.

Humans everywhere have always been fascinated by octopuses, squid, and cuttlefish, known biologically as cephalopods. They evolved hundreds of millions of years ago and are related to molluscs such as mussels and snails. They can grow to an enormous size with eyes as big as footballs, but they still live for only a couple of years. They mate once in their lifetime and die shortly after. They have blue blood and three hearts and they can shoot out jet-black ink. They have a brain and have behaviours that could be interpreted as signs of intelligence, even though more than half of their brain is distributed in their arms. They are colour blind, but they can change the colour of their skin in a flash. They are masters of disguise and are able to alter the texture of their skin and the patterns displayed on it at lighting speed. They can also 'taste' using the suckers on their arms. They can move extremely fast thanks to a jet-propulsion system built into their body cavity. Although they are soft-bodied and look vulnerable, cephalopods are formidable predators. Octopuses have arms that are so strong that they can exert a force equal to hundreds of times their own body weight. Squid and cuttlefish can

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shoot out a tentacle to capture prey at the speed of a javelin thrown by an expert athlete. Cephalopods are, however, so much more than just fascinating creatures with strange physical characteristics. They are a nutritious, delicious protein source that has found a place for thousands of years in many food cultures around the world. As squid, cuttlefish, and octopuses are native to virtually all parts of the ocean, they are an excellent and available alternative to meat from terrestrial animals. This book is written to promote the overall place of cephalopods in home kitchens and to inspire the uninitiated to add them to their diet. It describes the many facets of their anatomy that play a central role in their potential use as healthy, diverse, and interesting food sources, with a particular emphasis on their taste and texture. By way of an assortment of recipes, the authors hope to dispel the myth that it is difficult to prepare delicious dishes using squid, cuttlefish, and octopuses. In addition, there are contributions to the on-going discussions about how marine resources can be exploited more responsibly in a sustainable manner. Ole G. Mouritsen is a professor of gastrophysics and culinary food innovation at the University of

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Copenhagen, president of the Danish Gastronomical Academy, and director of the Danish national research and communication centre Taste for Life. Klavs Styrbæk is a chef and leader of the gastronomic enterprise STYRBÆKS, which includes a gourmet restaurant, a cooking school, a catering service, and a product development branch.

Dark Light Consciousness
Melanin, Serpent Power, and the Luminous Matrix of Reality
Inner Traditions

Master the Material World and Discover the Mysteries Beyond

Melanin:

Ancient Future

The African Unconscious

The Psychospiritual Connection

The Celestial Ship of the North

Hidden Power

How to awaken the Ureaus--the serpent power of spiritual transcendence within each of us--and connect to the superconscious of the universe •

Reveals the biochemistry of how the body's melanin provides the template for the subtle energy body or light body • Shows how embracing the dark light consciousness of the awakened Ureaus opens a portal to the sacred darkness of the superconscious

• Provides illustrated instructions for meditation practices, breathing exercises, and yoga postures to

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safely awaken Ureaus/Kundalini energy Within each of us lies the potential to activate a personal connection to the superconscious. Called “Ureaus” in ancient Egyptian texts and “Kundalini” in ancient Hindu yoga traditions, our innate serpent power of spiritual transcendence inhabits the base of the spine in its dormant state. When awakened, it unfurls along the spinal column to the brain, connecting individual consciousness to the consciousness of the universe enfolded within the dark matter of space. At the root of creativity and spiritual genius across innumerable cultures and civilizations, this intelligent force reveals portals that enfold time, space, and the luminous matrix of reality itself. Combining physics, neuroscience, and biochemistry with ancient traditions from Africa and India, Edward Bruce Bynum, Ph.D., explores the ancient Egyptian science of the Ureaus and reveals how it is intimately connected to dark matter and to melanin, a light-sensitive, energy-conducting substance found in the brain, nervous system, and organs of all higher life-forms. He explains how the dark light of melanin serves as the biochemical infrastructure for the subtle energy body, just as dark matter, together with gravity, holds the galaxies and constellations together. With illustrated instructions, he shows how to safely awaken and stabilize the spiritual energy of the Ureaus through meditation practices, breathing exercises, and yoga postures as well as how to

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prepare the subtle body for transdimensional soul travel. By embracing the dark light of the shining serpent within, we overcome our collective fear of the vast living darkness without. By embracing the dark, we transcend reality to the dimension of light.

Melanin Is Worth More Than Gold

AFURAKA/AFURAITKAIT - The Origin of the term 'Africa'

Seafood for Today and for the Future

The Sociology of Science Fiction

The Melanin Empath