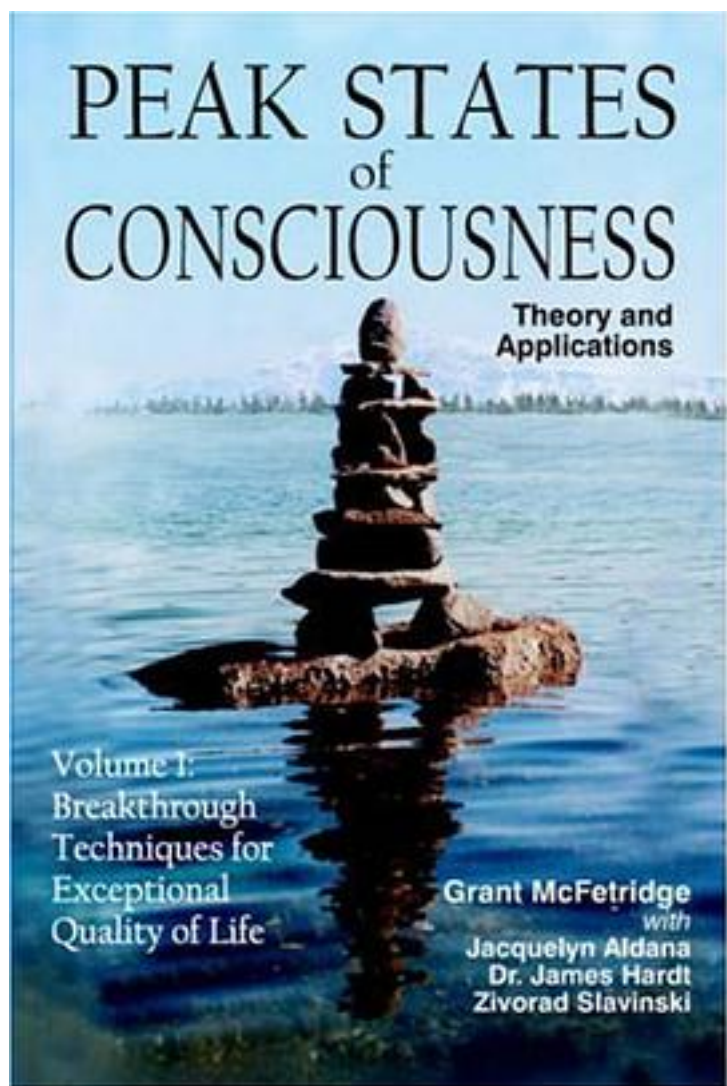


# Peak States of Consciousness



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How can I get a better life? After I heal something, why am I not satisfied? What is the point of spiritual practice? Why do some people cruise effortlessly throughout their days while others struggle? This volume, the first in a series, presents what we consider the best of this new generation of techniques for acquiring peak states of consciousness, along with a unifying model that ties biology, psychology, therapy and spirituality into a single whole. A groundswell in new ways to approach therapy, psychology, spirituality, shamanism, quality of life and mental health is happening worldwide. Until now, most of the new breakthroughs have been done in isolation. In this book, many of the key technique creators share their work with each other for the first time - and give you a glimpse of the excitement and camaraderie of working in a field that changes daily, with new discoveries, syntheses and controversy. This book gives laymen and professionals an experience of what cutting-edge research in the fundamental questions of mankind feels like. The contributors for this volume are: The Inner Peace Process - Grant McFetridge The 15 Minute Miracle - Jacquelyn Aldana Biocybernaut Brainwave Training - Dr. James Hardt Resolving Dualism with PEAT - Zivorad Slavinski

作者介绍:

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