

1: Optimal Health Solutions | Audio Books-Awaken Your Heart At Work

*Awaken Your Heart at Work: Working with Soul for Breakthrough Results (Inner Life Series) [Jack Canfield] on www.enganchecubano.com *FREE* shipping on qualifying offers. Offers inspirational stories, personal testimonies, and strategies from business leaders and other successful people on how to foster the self-esteem that empowers and motivates people to do their best.*

Audiobook *The Awakening Heart*, is a sharing of my own heart, brought about by the tremendous outpouring of love created by *Embraced By The Light*. When people wrote, they felt familiar with me, trusted me, and often shared intimate details about their lives that I could not help but feel to share more about me, with them. I loved every moment of writing this book, while writing, it felt like I was writing a love letter to friends. Though *The Awakening Heart* is a work of love, it took all that I had to write it. Those who are close to me know I am a very private person. Sharing more about myself, especially after being thrown into the public spotlight, was challenging to say the least. However, after my experience, I learned that my life is not about me. It is about teaching others not to fear but to have hope in God, in love and to keep their faith once they have found it. I truly am compelled to walk in faith with what I know that I must share. Being physically separated from the spirit world caused me deep grief, heart-ache and pain. I went through severe depression and even at one point feared for my very soul. In *The Awakening Heart* I share the lessons and miracles that prepared me to be able to write *Embraced By The Light*, give countless speaking events, do television and radio interviews and spend weeks away from my earthly source of strength, my loving and precious family. Eadie wrote her second book, *The Awakening Heart*, which became a national best seller only two weeks following its publication. The hardback edition was published by Pocket Books, a division of Simon and Schuster in *The Awakening Heart*, Betty takes the reader through new levels of spiritual development, addressing many of the concerns that those who have struggled are familiar with and can relate to. She shares how she healed from her own depression and overcame her despair of returning to this world; how she rose above her fears and challenges finding joy and peace in her mortal life; and how she truly learned to communicate with God, learning to rely only upon him. Betty shares from her own heart how she made this miraculous transformation of her own soul, becoming ready to write *Embraced By The Light*, speak to thousands and truly live her life in service to God. In *The Awakening Heart*, Betty expands on the knowledge she was taught during her NDE as well as sharing subsequent visits and visions, giving us greater insight into the importance of expanding our own hearts to greater love. She shows us by sharing her own experience of how following these truths can affect and uplift every aspect of our daily lives. *The Awakening Heart* is an exciting inner adventure and moving personal quest that will awaken your own heart and help you replace fear with love as you learn to trust that God is in control of all his creations--and though we often feel feelings of shame, guilt, anxiety and aloneness--God does not leave us alone and is always available to us. We each have a mission and have been blessed with the gifts and all that is needed to walk through every storm. Death is a rebirth into a spirit world of light and love, a transition from the physical to the spiritual that is no more frightening or painful than passing between rooms through an open doorway. It is also a joyful homecoming to our natural home, a return to the Creator who sent us here and who welcomes us back with loving arms. I know this, because on November 18, , I experienced death after hemorrhaging from surgery. The events that followed changed my life, and sent me on a journey that continues today. At the time of my death, I left my body and traveled through a tunnel that stretches between earth and our heavenly home. I was drawn toward a figure of brilliant, radiant light, whom I recognized as my saviour, Jesus Christ. I was reunited with loved ones who had passed on before me, and I saw the spirit of my daughter who was yet to be born. I experienced a taste of the life beyond. Most precious of all, I felt the indescribable joy of being embraced by the Savior, who enveloped me with unconditional love and answered the questions I had asked for years. I learned that there are so many religions on earth because we are all at different levels of spiritual development, and that each religion teaches some truth. I saw that there are very few coincidences, and that angels and the spirits of loved ones surround us to help us on earth. I was shown that everything we do has a ripple effect for good or ill on

the rest of the world, and I was given a life review before the Council of Men, during which I experienced the effect of all my own thoughts and actions. And I learned that God loves all of us unconditionally, that we are eternal spirits who have come here to grow and to learn to love, and that we are received back in heaven with great joy and celebration. The essence of what I learned is that love is supreme, because God is love, and the only way to be like him is to love as he does. I was filled with joy to be in my spiritual home, and I wanted to stay. But I was told that it was not yet my time to die, and that I had a mission to complete on earth before my spirit could return to that place of love again. I understood that each of us has a mission in this life, although we are not allowed to remember what our mission is; after I was shown mine, and my spirit agreed to return to my body to complete it, it was removed from my memory, and I remained unable to remember it after my return to earth. My near-death experience was just the beginning of my spiritual journey. I understood the importance of sharing my experience and the truths I learned, and I began by describing them in the book *Embraced By The Light*. Since then, my journey has continued with moments of great joy and periods of great challenge. Along the way, my awakening to God has revealed many more remarkable truths, and has led me to people whose trials and triumphs are powerful reminders of why we are here. I have learned much more from my journey, but more than anything else, I have seen the hand of God at work in all of our lives. We have now reached a crossroads, and a Great Awakening has begun in the world. People are hungry for answers and meaning in their lives. My prayer is that God will use this book to bring all of us a little closer to completing our missions according to his will.

2: Awaken Your Soul at Work Telesummit

Awaken Your Heart at Work has 3, ratings and reviews. Andrea said: I would never have read this book if it were not chosen by my book club. That i.

Work on your inner beliefs so you can exercise your power to change your situation with work. Uncover the blocks that have been preventing you from having the type of dynamic career and work life you desire. Release the fears that keep you tied into a false sense of job security. Give yourself permission to make love, forgiveness, compassion, creativity and contribution core elements in your professional life. Create the type of powerful harmonious relationships at work that will give you a definite contributive edge. Tap into a wellspring of purpose and meaning and infuse it into your work. Take responsibility for your energetic contributions at work in a way that leaves you fully empowered. Exercise your most basic power to choose happiness at work. Ignite positive change in your organization and get others on board to create a fun and inspired workplace. Use work as the spark for the type of personal and spiritual transformation that will positively impact all areas of your life. Increase your energy and maintain balance so that you constantly feel inspired and renewed. Some people think the only way to find happiness, meaning and purpose within the world of work is to abandon ship and take the entrepreneurial path to freedom. This is simply not true. Authentic success and happiness can be found right where you are but it has to be ignited from within. You can find happiness, meaning, purpose, fulfillment and many other wonderful things right where you are and the information that you learn from the series will show you how. But the first step is one that only you can take. You have to decide to tune in. I know firsthand how overwhelming life can be from struggling with not just career issues but finances, relationships, health concerns and more. But I also know what happens when we decide to do something different. When we commit, resources magically appear to guide us towards a new and amazing path. And this summit could be the answer to your prayer. Are you ready to dive in? You can register for this FREE series below. The original series aired live during month of June and on-line access to the recordings is available to you now for FREE! But many are no more worthily employed now. How everything that comes to you in life is for awakening to the greater truth of who and what you are. Understand work as the possibility for transformation and awakening. Bettie Spruill, CMEC, is a sacredpreneur, public speaker, ontological coach and writer with over 30 years experience in the field of transformation and wisdom teachings. She is a featured speaker in the film, *The Answer*. She holds a vision of leadership based on the principles of the sacred and commerce. You can learn more about her services by visiting her websites at <http://GabbyBernstein.com> Recently featured in the New York Times Sunday Styles section as the next generation guru, motivational speaker, life coach and author Gabrielle Bernstein is making her mark. She also just launched her new site [GabbyB](http://GabbyB.com). Gabrielle is a regular blogger for the Huffington Post, *Shekys*. In addition she can also be seen riding around the East Village on a unicycle. To learn more about Gabby, please visit her site at www.gabbybernstein.com. Johnson is an organizational development consultant known for her ability to bring clarity to complex and emotionally charged issues. Her firm, The Motivational Institute founded in 2008, specializes in cross-cultural relations and serves clients in the public, private, and non-profit sectors, including Fortune companies. In his inspired writings, talks, and teachings, he calls us to awaken beyond the confines of the separate ego and dedicate our lives to the further evolution of consciousness itself. *The Birth of Evolutionary Spirituality*. To learn more about Craig, please visit his site at <http://www.craigjohnson.com> She works with corporate leaders, business visionaries and successful entrepreneurs. HeartMath provides individuals and businesses with a set of tools, methods and emWave technologies to empower themselves to navigate through stressful, changing times. To learn more about Deborah and Heartmath, visit their site at <http://www.heartmath.com> Sue Morter It is what we hold as true for ourselves at the subconscious level that determines our outcome in life, not simply our conscious thoughts. Otherwise, we would all choose to be young, healthy, successful, etc. Obviously something else is involved. Unresolved emotions from our past experiences are held in the subconscious memory and affect how the brain processes information, how we proceed toward our dreams and even the dreams we let ourselves dream. These blockages can and must be removed in order to experience our prosperous destiny. Learn to remove

AWAKEN YOUR HEART AT WORK pdf

subconscious blockage to your success in the workplace. Discover a new relationship between your Personal Empowerment and Prosperity. You are invited to learn more about Dr. Sue by visiting her site at [http:](http://)

3: 3 Heart Thoughts for You – Louise Hay | Awaken

Awaken Your Heart at Work Working with Soul for Breakthrough try www.enganchecubano.com for FREE! www.enganchecubano.com Therapy audiobooks, offering you thousands of therapy audiobooks from.

However, I think the authors of this book have a very narrow sight on what it means to be a woman. But more on that later. This book is one of the very many versions of the Chicken Soup for the Soul books out there. These books are known for their uplifting short stories that are meant to inspire, make you feel good, or just make you cry. There are a few, but barely any. The majority of the stories focus on motherhood and marriage. One of those few that was not however, was about a woman pilot, and that actually was an inspiring story. Everyone seems to be glowing. And mothers and married women are especially revered are you sensing a theme here. But there are a lot of good people mentioned in these books. People who do good for other people. So obviously my main complaints with this book are its representation of women. They do a lot of good in the world too. It was approachable in that way at least. Not my favorite of the Chicken Soup books. Reynard More of my reviews can be found at www. Even though I might not be able to relate to every single one, they usually hold something uplifting that cheers me up. This particular chicken soup book, lived up to all the rest. A couple of the stories had me tearing up. I have a few favorites that stick out. She Almost believed that, until one teacher told her to liv This book has good, inspiring stories of women who have done it all, from childhood memories to growing old and wiser. She Almost believed that, until one teacher told her to live the dream. It makes me feel a little hopeful about myself.

4: Awaken Your Heart at Work: Working with Soul for Breakthrough Results by Jack Canfield

Awaken Your Heart at Work also includes a companion musical reflection CD. Emmy award-winning composer Jim Oliver offers his musical inspiration with warm and flowing compositions for grand piano, violin, guitar, and global percussion.

Posted on November 3, Views: Dear Ones, I keep two of my favorite books by my bed that I enjoy reading every day. When I first opened this book, I read each message on the designated day from January 1st to December 31st. Now, I just open it and read the message that is meant for me on that particular day. You can feel his serenity and peace as you read his words: In just a few minutes each day, you can step back from your worldly activity and draw a deep breath of spiritual renewal. I adore this book! It gives us guidance for all aspects of our day-to-day experiences and assists us in particular areas where we may be having difficulty. You do not have to read the whole Heart Thoughts book. Once or twice a day, just pick it up and see what message it has for you. Your heart is the center of your power. I have learned that you can create easily and effortlessly when you let your thoughts come from the loving space of your heart. I claim my power now. Life is always there for me. When you get upset, give yourself a physical release. There are several methods you can use to release these feelings in positive ways. You can scream in the car with the windows closed. You can beat your bed or kick pillows. You can make noise and say all the things you want to say. You can scream into a pillow. You can run around a track, or play a game like tennis to release the energy. Beat the bed or kick pillows at least once a week, whether you feel angry or not. I Create Wonderful New Beliefs about Myself These are some of the beliefs that can really help you in your life if you think or say them every day: I am always safe. Everything I need to know is revealed to me. Life is a joy and filled with love. I prosper wherever I turn. I am willing to change and to grow. All is well in my world. Well, you can refuse to think negative thoughts about yourself, too. Acknowledge them and go beyond them.

5: The Awakening Heart

Find helpful customer reviews and review ratings for Awaken Your Heart at Work: Working with Soul for Breakthrough Results (Inner Life Series) at www.enganchecubano.com Read honest and unbiased product reviews from our users.

Avoid consuming foods and beverages with added sugar, such as candies, energy bars, and soda. Usually your energy will return as you complete these simpler tasks. Use energizing scents to wake you up Keep scented candles or an essential oil diffuser at your desk. Look for scents that are strong and energizing, such as jasmine, citrus, or peppermint. You can also rub essential oil on your hands and temples to help keep you energized. Turn on some tunes Listening to loud, energizing music such as rock or pop can sometimes help increase your energy level. Lifestyle changes to make it easier to stay awake The above tips are great short-term fixes to staying awake at work. But to help stay alert at work in the long term, you need to make some adjustments to your daily life. Here are seven lifestyle changes that can help increase the quality of your sleep, making it easier for you to stay awake at work. It can be challenging, especially for shift workers, to avoid light before bed. Reduce your exposure to light before bed by limiting your screen time from your TV or cell phone. Doing so can make it much more difficult for you to fall and stay asleep at bedtime. Make your bedroom quiet Turn off all electronic devices, such as your TV, and use earplugs to keep your bedroom quiet. Use a white noise machine to drown out loud or distracting noises if necessary. Make napping part of your routine Setting up a nap schedule can help regulate your sleep. Limit your shift changes Changing shifts often makes it harder for your body to adjust. Limit these changes when possible. Pay attention to your body when it comes to exercise Exercise is helpful in promoting sleep. However, for some people, exercising right before bed can make it harder to fall asleep. For others, exercise may not affect their sleep patterns at all. Get to know your body and what feels best. Avoid smoking and drinking before bed These habits can make it more difficult for you to fall and stay asleep. Coping with tiredness at work Feeling tired at work can make your workday less productive and less enjoyable. Luckily, there are things you can do today to help make you feel less sleepy and more alert at work. Making certain lifestyle changes to promote sleep after work will help you stay alert at work in the long term, as well.

6: Hira Hosān | Awaken your Heart

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

7: Awaken | “Awaken Your Mind + Body + Spirit

Awaken Your Heart at Work also includes a companion musical reflection track. Emmy award-winning composer Jim Oliver offers his musical inspiration with warm and flowing compositions for grand piano, violin, guitar, and global percussion.

8: Awaken Your Heart At Work - MP3 by Jack Canfield - Discount!

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