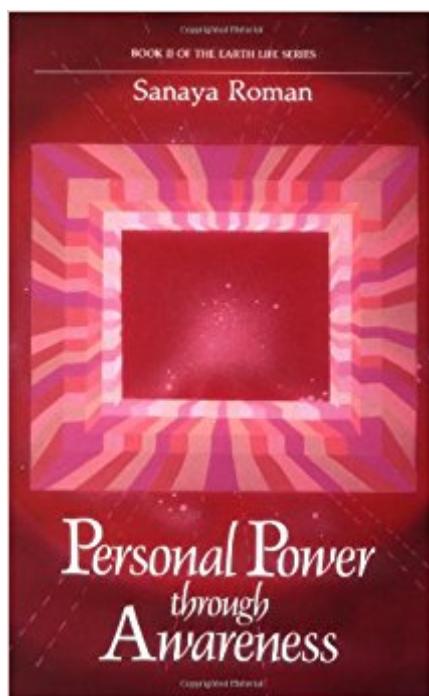


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# Personal Power Through Awareness: A Guidebook For Sensitive People (Book II Of The Earth Life Series)



## Synopsis

An Internationally Bestselling Orin BookThis book is a national and internationally best-selling classic with a timeless message. It has been translated into over 24 languages. Note: The revised eBook edition has been updated, however it is essentially the same as the printed edition in the information and teaching it contains.Channel Sanaya Roman presents Personal Power Through Awareness, given to her by Orin, a wise and compassionate being of love and light. This wise and gentle spirit teacher offers a systematic course in sensing energy through this book.Using these easy-to-follow processes, hundreds of thousands of people have learned to create immediate and profound changes in their relationships, self-image, and ability to love and feel loved. Other people's moods or negativity need no longer affect you. You can recognize when you have taken on other people's energies and easily release them.Your sensitivity is a gift. You can learn to use it to send and receive telepathic messages, increase your intuitive abilities, and open to higher guidance. You can leave the denser energies, where things are often painful, and live in the higher energies where you can feel more loving, calm, and positive. In this book, you will explore how to stay centered and balanced, know who you are, and increase the positive energy around you. Chapters include guidance about sensing energy, such as how to sense your own energy, other people's energy, and the energy in your home and environment. You will learn how to sense and direct the unseen energy around you that may be affecting you. You will explore how to be aware of the affect other people's energy is having on you, and learn to stay neutral. You will discover more about how to create a healing connection with others, knowing how much to give and how much to receive. You will discover more about who you are and strengthen your commitment to yourself and your path. You will discover more about when to pay attention to your own needs and when to be selfless. You can learn to let go of feeling responsible for everyone's happiness!You will also learn to become aware of what is in your unconscious mind, bringing any limiting beliefs and thoughts into your awareness so you can release them. You can love who you are right now, not who you or other people think you should be.Orin assists you in opening your intuition, listening to it, and taking action on it. You will look at the role of the mind, your inner dialog, and how to raise your vibration. You will learn about how telepathy works. You cannot know what you are picking up telepathically until you know your own energy, so you will learn how to better recognize your own energy. You can gain control over telepathic messages that come into your mind from others, and choose which ones to pay attention to. You will explore how to receive guidance, light, and energy from the beings of light, your soul, and the Masters and guides. They are always offering you love, guidance, and energy; all you need do is ask for it and be open to receive it.

## Book Information

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## Customer Reviews

To our readers: The books we publish are our contribution to an emerging world based on cooperation rather than on competition, on affirmation of the human spirit rather than on self-doubt, and on the certainty that all humanity is connected. Our goal is to touch as many lives as possible with a message of hope for a better world. - Hal and Linda Kramer, Publishers

This accelerated step-by-step course in sensing energy is taught by Orin, a wise and gentle spirit teacher channeled by Sanaya Roman. Using these easy-to-follow processes, thousands have learned to create immediate and profound changes in their relationships, their self-images, and their ability to love and be loved. You need no longer be affected by other people's moods or negativity. You can recognize when you have taken on other people's energy and easily release it. You can learn to stay centered and balanced, know who you are, increase the positive energy around you, and help and heal others. Your sensitivity is a gift. Learn to use it to send and receive telepathic messages and to open to higher guidance. You can learn to transmute the denser energies and live in the higher energies, where you can feel calmer and more loving, focused and positive.

"Personal Power Through Awareness" is a very important book on tapping into the power from within yourself, and projecting it in a joyful and transformative manner. These are some of the informative topics that are covered in this book:1) Why it is important to love and accept yourself as

you are right now, not who you will be or should be (pg. 51): I enjoy that this book covers details on why loving yourself as you are right now is essential in connecting to the gateway of your personal power. I feel lucky to have found this passage at the right time because it serves as a healing reminder to always see the unlimited potential, all the positives, and beauty about myself regardless of what external conditions may dictate. This passage can also benefit many others from various walks of life and backgrounds.2)The message to See everyone as expanding and growing, and you will see yourself that way also (pg. 61): There are details included on how to evolve images within yourself, and the importance of broadcasting positive pictures to others.3)If you ask for guidance, trust the messages that come into your mind (pg. 62): This was very important for me to be aware of (another healing message to come at the right time). I say this because I am lucky to receive messages whenever I ask for them, and being reminded to trust the messages is very important to me to be reminded about(in addition to the information transmitted from the book on why it is vital to trust the messages). Many others who read pg. 61 are also going to be able to relate to this message.4)Telepathy chapter (pgs. 161-183): Pg. 162 lists why it is vital to be aware of the thoughtforms in your community, and how you pick up the messages of your community. This basically implies that where you live can strongly influence your own personal thoughtforms. I am lucky to admit that I have enjoyed the privilege of living in different places, and it is now crystal clear to me why I have sensed my own thoughtforms shift depending on where I live. I intuitively sensed this for the longest time, but the informative passage of the community thoughtforms (on page 162) definitely confirms it for me (this also makes me realize that I have some more careful thinking to do around some personal choices that I intend to make for the short and long-term).5) Receiving Guidance from the Higher Realms (pgs. 184-197) There is very fascinating information on how true healing involves compassion and love for yourself and others. I also enjoy that essential details are listed around the concept (pg. 186) that All you need to do to receive guidance is to ask for it and then listen. There is also powerful information on pgs. 189 and 192. Page 189 has the following interesting information on that lists: The mind has 40,000 to 50,000 thoughts a day. When 1,000 to 2,000 of those daily thoughts are directed towards a goal, it will come rapidly. Page 192 lists this powerful concept: Writing down your goals brings them to you faster. Yes, I do understand that there are many that are aware of what is listed on page 192. However, I am certain that there are those reading this who agree with me that page 192 lists a powerful reminder to always keep in mind. Overall, "Personal Power through Awareness" by Sanaya Roman is a great book to get for tips on how to increase your own personal power, increase your awareness, and connect to higher energies in all areas of your life.

I have loved all of Sanaya's works. This is no different

Sadly I was not impressed with this book at all. I was excited to read it thinking I would get so much from it but came away disappointed. There is a lot of words but no real content. I did not feel a connection to the ideas presented at all in fact some of them actually contradicted each other. Also it is recommended to connect to the mass consciousness to obtain a connection to the higher realms yet when someone truly desires to do so they must do the opposite and disconnect from it.

This, and the rest of this series, have a permanent place in my metaphysical library. I can read this book, pick it up and read it again a few months later and it is still fresh and exciting. It echoes the words of many of the other great spiritual teachings that are so delightfully prevalent today, Eckhart Tolle, for instance, but this was written 20 years or so ago. Yes, the truth sings no matter who delivers it! Even if you are not convinced of the validity of channeled works, please give this book a chance as it is just wonderful!

I'm halfway through this book. I find myself highlighting most sentences on each page because they are so helpful. I've never highlighted this much in my life. She gives great advance on how to learn yourself and to sense energy in others. She also gives advice on learning your higher purpose and connecting with yourself. This book is entirely motivating to me and probably the most moving book I've come to read in my life. It's just what everyone needs: Introspection and the way to make life better for yourself and others. I have tried out a few of her techniques and I must say that I am physically feeling the changes and the responses in my body and mind. It doesn't just give techniques but it gives the right insight for you to ask yourself the appropriate questions pertaining to your own particular life and situation. This is one of those books that I will continue to read over and over because it is just that necessary to know.

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